



SCARBOROUGH
WOMEN'S
CENTRE

PANDEMIC NOTICE

The World Health Organization has declared that the coronavirus disease (COVID-19) is a pandemic. To prevent the spread of COVID-19, we ask that you do not enter the Centre or attend workshops if you are experiencing any kind of cold or flu-like symptoms.

Even if you are not currently showing symptoms of illness, we ask that visitors of the Centre abide by the following steps to reduce the spread of illness:

- Wash hands frequently using soap and water or an alcohol based hand sanitizer;
- Avoid touching eyes, mouth and face to prevent infection.
- Always cover your mouth and nose with a tissue or your elbow when coughing or sneezing. Throw tissue away and clean hands immediately afterwards;
- Clean and disinfect surfaces, toys, and cell phones regularly;
- Keep your distance anyone who has a fever or cough;
- If you have fever, cough and difficulty breathing seek medical care.

PANDEMIC PREPAREDNESS FOR STAFF

- Review the SWC's Pandemic and Disaster Planning Policy;
- **Disinfect common workspaces and items before and after use (E.g. doorknobs, phones, keyboards, mice, and desks).**
- Stay home/work remotely if you are sick;
- Wash hands with soap or alcohol-based sanitizer regularly;
- Cover mouth with your arm or a tissue when coughing or sneezing - throw tissue away and clean hands immediately afterwards;
- Consider receiving the annual influenza vaccination;
- Stay an arms length away from anyone who is coughing or sneezing;
- Avoid activities where a large number of people gather in a small space;