



## **RDC Health & Wellness Update: Novel Coronavirus**

During the past weeks, we've all learned of a new virus called novel coronavirus.

The coronavirus causes respiratory symptoms similar to the common cold or flu (e.g. fever, coughing, shortness of breath), but it can be more serious and some people have sadly died in very severe cases.

There are a small number of isolated cases of people who have coronavirus in Canada and the US.

While this virus is something for us all to be aware of, and informed about, there are currently no people in Alberta who have contracted coronavirus. Alberta Health Services has identified our province to be at low-risk relating to this virus being contracted or spread. Colds and flus are much more prevalent in Alberta and Canada than the threat currently posed by coronavirus.

This unfortunate situation presents an opportunity for us all to be reminded of how we can individually help prevent the spread of any type of illness or germs, including:

- washing your hands frequently
- coughing or sneezing into a tissue or the crease of your elbow
- keeping tissues handy
- avoid hugging or shaking hands with others when you're ill
- stay home and rest so you can recover more quickly

Health officials identify that it is not necessary for the general public to wear face masks as a precaution to prevent the spread of coronavirus, colds and flus.

To help keep the College community healthy from cold and flu germs spreading, RDC's janitorial services team, BEST Service Pros, is enhancing their already robust cleaning routines with additional sanitation. Please thank these individuals for their efforts when you see them in the halls, office and classroom spaces and washrooms.

There is a lot of information, and in some cases misinformation, about coronavirus being shared in the news and on social media. Here are a couple of trusted sources for you to gather more information:

<https://www.alberta.ca/coronavirus-info-for-albertans.aspx>

<https://www.albertahealthservices.ca/topics/Page16944.aspx>

Your health and safety is important to us. RDC officials are monitoring updates and receiving advice relating to coronavirus through regular contact with Alberta Health Services and updates provided by the World Health Organization. Additional updates will be provided to the College community, if the situation changes.

If you have any questions about coronavirus, or other health-related matters, please contact your family doctor, call 811 ([Alberta Health Link](#)), or connect with RDC's Health, Safety & Wellness Centre. Visit Room 901 on main campus or call 403.342.3427.