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Intercare Corporate Group Inc. "The Heart of Excellence" Infection Prevention & Control

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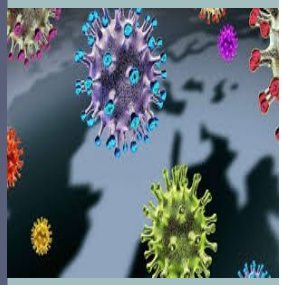


How Respiratory Infectious Diseases Spread

Respiratory infectious diseases can spread in different ways, including from:

- Person to Person
- Contact with contaminated surfaces or objects

Many respiratory infectious diseases spread through a combination of both, so it is best to use more than one (1) personal protective measure at a time.

'Person to Person' Spread

When a person is infected with a respiratory disease, they can produce respiratory particles and secretions like saliva and mucus that can pass on the infection. Respiratory particles are released in a range of sizes into the air. This can happen when the infected person:

- Breathes
- Coughs
- Sneezes
- Speaks
- Sings
- Shouts

You may become infected with a respiratory infectious disease if:

- You breathe in the infectious particles.
- Infectious particles or secretions come into direct contact with your eyes, nose or mouth (for example - if someone who is infected coughs or sneezes on you).
- You touch someone who has infectious particles or secretions on them and then you touch your eyes, nose or mouth before you clean your hands (for example - when shaking an infected person's hand).

Spread through contact with contaminated surfaces or objects

Surfaces and objects may become contaminated with infectious particles or secretions after being touched, or after being coughed or sneezed on, by a person who is infected. 'High-touch' surfaces and objects are more likely to be contaminated. A few examples of 'high-touch' surfaces include:

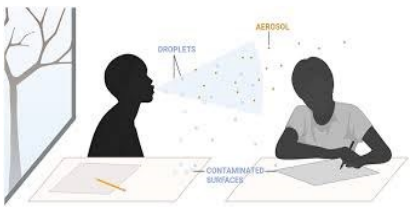
- Phones / tablets / computers
- Door handles
- Light switches
- Elevator buttons

You can become infected if you touch a contaminated surface or object and then touch your eyes, nose or mouth before you clean your hands.

Who is at risk?

Some people are at a greater risk of serious complications from respiratory infectious diseases than others, including:

- Those who are pregnant.
- Those who are not vaccinated.
- Older persons, especially those over sixty-five (65) years of age.
- Young children, especially those who are under five (5) years of age.
- Infants, especially those who are premature or under six (6) months of age.
- Those with chronic medical conditions, including those who are immunocompromised or living with lung disease.



Depending on the type of virus, there may be other groups who are at greater risk of serious complications from respiratory infections.

Preventing the Spread of Respiratory Viruses

1. Get your recommended vaccines

Many respiratory infectious diseases like influenza (the 'flu'} and respiratory syncytial virus (RSV) usually increase in the fall and winter months. However, COVID-19 may circulate at any time of year.

Vaccination is one of the best ways to protect yourself, your family and those in your community from:

- Becoming infected with a respiratory infectious disease.
- Developing serious complications.

Vaccines can prevent the spread of respiratory infectious disease, which also helps protect those who can not get vaccinated, including, for example:

- Very young infants.
- Individuals who are immunocompromised.

2. Use personal protective measures

Personal protective measures are actions you can take to reduce your risk of getting or spreading respiratory infectious diseases. These important measures:

- Are most effective when combined together and used alongside vaccination.
- Can break the chain of infection to protect our communities from respiratory infectious diseases.
- Can protect those who are at greater risk of severe complications from respiratory infections.

3. Stay at home when you are sick

Staying at home and limiting contact with others when you are sick is one of the best ways to prevent the spread of illness in your community. If you have to be in a shared space use personal protective measures to help reduce the risk of spreading illness.

Most people who become ill with a respiratory infectious disease experience mild symptoms such as:

- Fever
- Runny or stuffy nose
- Cough
- Sneezing
- Fatigue
- Muscle or body aches

4. Wear a well-fitting respirator or mask

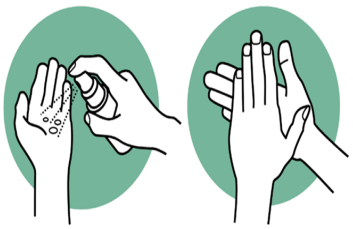
Respirators and masks act as a barrier and can filter out infectious respiratory particles. Their use can help protect you from getting infected or sick by reducing the amount of infectious particles you breathe in. Respirators and masks also prevent you from spreading infection to others by containing the infectious respiratory particles that you produce when you are sick, even if you do not have symptoms.

Respirators and masks are most effective when they:

- Fit well.
- Are well constructed.
- Are worn properly.

5. Practice hand hygiene

Hand hygiene means:



- Washing (cleaning) your hands regularly with soap and water for at least twenty (20) seconds or using a hand sanitizer containing at least 60% alcohol for twenty (20) seconds or until dry.
- Cleaning your hands to remove or kill infectious particles that may be on your hands.
- Cleaning your hands to reduce the spread of infectious diseases.
- Avoiding the touching of your eyes, nose or mouth with unclean hands to prevent infectious germs from entering your body.

6. Cover your coughs and sneezes

You can help reduce the spread of infectious respiratory particles when you cough or sneeze by following these steps.

- Cough or sneeze into a tissue or your elbow, not into your hand.
- Throw any used tissues into a lined waste container as soon as possible.
- Clean your hands immediately afterwards.

Preventing the Spread of Respiratory Viruses

7. Clean and disinfect 'high-touch' surfaces and objects

'High-touch' surfaces and objects are those that people touch often, so they are more likely to be contaminated by infectious particles. Examples of 'high-touch' surfaces include:

- Toys
- Toilets
- Door handles
- Light switches
- Electronics such as tablets, phones and computers
- Tables and countertops
- Elevator buttons

Cleaning and disinfecting high-touch surfaces and objects can remove and kill infectious particles. This reduces the risk of respiratory infectious diseases spreading to others through contact with a contaminated surface or object.

8. Cleaning

Cleaning with soap (or detergent) and water reduces the amount of germs that are present by physically removing them.

Follow these important steps after cleaning:

- Put used disposable cleaning items, such as cloths and wipes, in a lined waste container before throwing them out.
- Wash reusable cleaning items with soap (or detergent) and hot water after use.
- Remove your gloves (if used) and:
  - ◊ Wash your hands with soap and water for at least twenty (20) seconds; or
  - ◊ Use an alcohol-based hand sanitizer containing at least 60% alcohol for twenty (20) seconds or until dry.

9. Disinfecting

You can kill infectious germs by using the right disinfectants for different surfaces. Always use disinfectants according to their product label directions. Ideally, you should always clean surfaces first with soap (or detergent) and then disinfect them.

- Check the label for a 'Drug Identification Number' (DIN) confirming that Health Canada has approved the disinfectant product for sale in Canada.
- If an approved disinfectant is not available, use a diluted bleach solution. If a diluted bleach solution is being used, make sure to you exercise caution and handle the bleach safely, as it can irritate or burn your skin, eyes or lungs. Bleach can also produce toxic gas / fumes if you mix it with other cleaning products.

10. Improve indoor ventilation

Good ventilation exchanges indoor air with fresh outdoor air. This helps reduce the buildup of infectious respiratory particles in indoor air. Although ventilation of certain spaces is not always within your control, there are many ways you can improve indoor ventilation in your home.

- Open windows or doors regularly, even for a few minutes at a time. This creates a cross-breeze and improves natural ventilation.
- If your indoor space has vents in the ceiling, walls or floor, then it probably uses a central heating, ventilation and air conditioning (HVAC) system. Ensure this system has clean, well-maintained air filters to help reduce the levels of infectious respiratory particles circulating indoors.
- Bathroom and kitchen exhaust fans that vent to the outside can also help remove potentially contaminated air. Run kitchen or bathroom exhaust fans at low speed to help remove contaminated air.
- Air filtration can also help by removing infectious respiratory particles, smoke, dust and pollen from the air. Use a portable air purifier with a high efficiency particulate air (HEPA) filter for air filtration.

When possible, hold gatherings outdoors to help reduce the risk of transmission of respiratory infectious diseases. Fresh, clean outdoor air allows infectious respiratory particles to disperse and not build up; outdoor settings also give people more space to spread out.