

COVID-19 Health Information

1. *What is the COVID-19 health risk?*

- Symptoms for COVID-19 are similar to those for influenza or other respiratory illnesses.
- Most people (about 80%) recover from this disease without needing special treatment. Illness due to COVID-19 infection is generally mild, especially for children and young adults.
- As per [Alberta public health officials](#) – in some ways, COVID-19 is similar to influenza (also known as the flu):
 - Both COVID-19 and the flu cause respiratory disease in people who get sick.
 - Both are spread the same way, via small droplets from the nose and mouth.
 - Neither one is spread through the air over long distances and times.
 - COVID-19 does not appear to transmit as efficiently as influenza. Only those with symptoms seem to be mainly spreading the disease. This means that when people with symptoms are isolated, controlling spread is possible.
- The most common symptoms of COVID-19 are:
 - Fever
 - Fatigue/extreme tiredness, and cough. Some people may have aches and pains, nasal congestion, runny nose and sore throat.
 - These symptoms are usually mild and begin gradually.
- Those who are older, and those with other medical problems (such as high blood pressure, heart disease, lung disease, cancer or diabetes) are more likely to develop serious illness.
- As per Alberta Health Services guidance, anyone who has symptoms, including a cough, runny nose, fever or sore throat is urged to self-isolate for 14 days after their illness has started.

2. *What is the definition of Self Isolation?*

Self-isolation means avoiding situations where you could infect other people. This means all situations where you may come in contact with others, such as social gatherings, work, school, child care, athletic events, university, faith-based gatherings, healthcare facilities, grocery stores, restaurants, shopping malls, and all public gatherings.

- You should, (where possible) not use public transportation including buses, taxis, or ride sharing.
- As much as possible, you should limit contact with people other than the family members/companions who you travelled with.
- You should avoid having visitors to your home, but it is okay for friends, family or delivery drivers to drop off food.
- You can also use delivery or pick up services for errands such as grocery shopping.

Frequently Asked Questions (FAQ)

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- Avoid sharing household items such as dishes, drinking glasses, cups, eating utensils, towels, pillows, or other items with other people in your home. After using these items, you should wash them thoroughly with soap and water, place in the dishwasher for cleaning, or wash in the washing machine.
- Wash your hands often with soap and water and regularly clean and disinfect frequently touched and shared surfaces such as doorknobs, counters, cell phones, TV remotes, etc.
- If you need to leave your home for an urgent errand, such as picking up essential medication, as a precaution to reduce risk of spread, you should wear a surgical mask while you are out.
- During this time, it is important that you monitor your health for symptoms like fever or cough, and call Health Link 811 if you have any concerns.

Our Company has put in place comprehensive risk mitigation measures to maintain the health and safety of our employees in buildings and workplaces. It is important for us to support social distancing measures, which is a conscious effort to reduce contact between people and key to decreasing community transmission of the COVID-19 virus.

3. *When do I need to self-isolate?*

- To align with the recent recommendation from Alberta Health Services effective March 12, 2020, if an employee, contractor or service provider working for Canadian Natural has traveled to any location outside of Canada or has been in close contact* with someone who has travelled outside of Canada, they are requested to not return to work at a Canadian Natural office or site for 14 days, to contact their supervisor and to work from home for 14 days.

4. *What is the definition of “close contact”?*

Close Contact is defined as a person who:

- provided care for the individual, including family members and care-givers; OR
- had other similar close physical contact with the individual without consistent and appropriate use of personal protective equipment; OR
- who lived or otherwise had close prolonged contact (within 2 metres) with the person while they were infectious; OR
- had direct contact with infectious bodily fluids of the person (e.g. coughed or sneezed on) while not wearing recommended personal protective equipment.

5. *Where does Canadian Natural get their information about COVID-19? Where can I get more facts and information?*

Please see the links below for regularly updated information and facts from public health officials:

[Government of Canada](#)

[Alberta](#)

[British Columbia](#)

[Saskatchewan](#)