

For additional resources and support with implementation, please contact Trans Canada Trail at project@tctrail.ca.

A COVID-19 ESSENTIALS FOR TRAIL OPERATORS

Symptoms of COVID-19

Those infected with COVID-19 may exhibit no, mild, or severe symptoms. The most common symptoms include:

- Cough
- Fever
- Chills
- Shortness of breath
- Sore throat
- Stuffy / runny nose
- Loss of smell
- Headache
- Muscle aches
- Fatigue
- Loss of appetite

It is important for trail operators to recognize that some infected individuals can transmit the disease to others even when the infected person is not experiencing any symptoms. This includes people who:

- Have not yet developed symptoms (pre-symptomatic)
- Never develop symptoms (asymptomatic).

There is an increased risk of more severe outcomes for trail visitors:

- Aged 65 or older,
- With compromised immune systems, or
- With underlying medical conditions.

General Practices to Prevent Transmission & Infection

COVID-19 is highly transmissible. Public health officials have outlined a number of preventative measures that should be taken to minimize the spread of COVID-19. These measures include:

- Physical distancing – maintain a 2m distance between individuals who are not part of the same household or cohort family,
- Avoiding direct contact with people who are not part of the same household or cohort family (e.g. fist bumps, handshakes, hugs),
- Limiting contact with people who are more vulnerable to the disease,
- Frequent hand hygiene (handwashing, alcohol-based hand rubs),
- Frequent disinfection of high-touch surfaces,
- Avoid crowded places and gathering in groups (*group size limits vary from province to province, refer to local health guidelines for maximum permitted group sizes*),
- Staying home when sick,
- Practicing proper cough and sneeze etiquette, and
- Going outside to exercise but staying close to home, limiting inter-community travel and limiting risky activities.

As at the time of preparing these guidelines, public health officials in Canada indicate that wearing a non-medical face covering while in public is optional but recommend that face coverings be worn as an added layer of protection when in public places where physical distancing cannot be maintained. When properly worn, a person wearing a non-medical face covering can reduce the spread of that individuals' respiratory droplets but it does not provide complete protection from the virus because of potential loose fit and the materials used. Face coverings are not a substitute for physical distancing or good hygiene.

Medical masks should be kept for health care workers. For more information on face coverings, visit [About Non-Medical Masks and Face Coverings](#).