

# Covid-19 Important Definitions

Your guide to understanding the terminology so that you can best tackle any workplace changes or arrangements that need to be made.

**Coronavirus:**

A family of viruses that can cause illnesses ranging from the common cold to more severe diseases, including Middle East Respiratory Syndrome (MERS) and Severe Acute Respiratory Syndrome (SARS).

**COVID-19:**

An acronym created by the World Health Organization (WHO) in relation to the global outbreak. It stands for the respiratory disease caused by the novel coronavirus and stands for "Coronavirus Disease of 2019".

**Direct Contact:**

When one person is physically close enough to an infected individual to come into direct contact with their bodily fluids, including respiratory droplets through which COVID-19 is believed to be spread. In order to avoid being in direct contact with someone who may have exposure or be infected, it is important to practice "social distancing" (see below).

**Flattening the Curve:**

Terminology used globally in order to slow the virus's spread by trying to lower the peak number of cases, new cases and related demands on hospitals and infrastructure.

**Global Pandemic:**

An epidemic that has spread over several countries and continents across the world, usually affecting a large number of people.

**Immune Compromised:**

People who have weakened or impaired immunity due to pre-existing conditions, chronic health conditions, medications or malnutrition.

**Incubation:**

The incubation period is the time it takes for symptoms to appear after a person may gain exposure to infection. According to the World Health Organization (WHO), most estimates of the incubation period for COVID-19 range from 1-14 days, most commonly around five days. Symptoms range and mimic flu-like qualities including cough, sneeze, fever, difficulty breathing etc.

**Personal Protective Equipment (PPE):**

Personal protective equipment, it includes, but is not limited to, medically approved gowns, aprons or coveralls, gloves, respirators face shields and masks.

**Quarantine:**

Physically separating and restricting the movement of people that have gained exposure (or potentially gained exposure) to a contagious disease and infection.

**Self-Isolation:**

Isolation is what someone who has been confirmed to be ill with a contagious disease has to do in order to separate themselves from healthy individuals around them. This will contain the risk of spread.

**Self-Quarantine:**

Staying home and away from other people as much as possible after exposure or potential exposure to an infection.

**Social Distancing:**

Any number of measures taken to increase the physical space between people in order to slow the spread of the virus. This includes staying home more often, catching up with loved ones virtually instead of in person and strictly limiting the number of visitors to your home and staying at minimum 2m apart from other people when you are in a public space.

Contact BridgeHR today so that we can help assist you with placing some of these practices into your workplace in order to better assist with flattening the curve!

*Please visit the World Health Organization's website for more information.*



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