



**RCSCC CHAUDIERE
NLCC ADVENTURE
NAVY LEAGUE OF CANADA (MILTON BRANCH)**

File Number: 12032020

12 March 2020

Dear Cadets and Parents,

The leadership of RCSCC CHAUDIERE and NLCC ADVENTURE and the Milton Branch of the Navy League of Canada have been monitoring very closely the issue regarding COVID-19, known as the Corona Virus.

At present we have been following direction from the Department of National Defence and the Navy League of Canada. While all trips have been cancelled for the time being as we move cautiously along, we will be proceeding with our cadet program as usual until we receive direction otherwise. In the meantime, we are making the following recommendations:

How can cadets protect themselves?

Practice simple hygiene by covering coughs and sneezes in the elbow or with a tissue and wash hands thoroughly with soap and water or use a hand sanitizer if there is no viable water and soap available.

Hand hygiene is the single most important way to prevent the spread of the infections as up to eighty percent of common infections are spread by hands. Respiratory viruses don't infect through the skin, but rather through mucous membranes, such as eyes, nose and mouth (by touching your face)

Should cadets wear masks?

The airborne hazard is considered low risk and respiratory protection has been deemed unnecessary by governing health authorities such as the WHO, CDC and PHAC. As a matter of fact, surgical type masks are primarily recommended for patients who are displaying symptoms of respiratory distress (such as coughing) to limit their airborne droplet transmission. These masks, although not shown to provide significant benefit, may be used at the discretion of cadets and parents should you feel more comfortable. The mask is mainly a fluid barrier, so its use in general situations is considered redundant. Cadets wishing to wear masks are welcomed to purchase their own as unfortunately we are not able to provide them.



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Should cadets wear disposable gloves?

Disposable gloves act as a skin/ fluid barrier and are typically used when touching biological fluid spills. The general use of gloves is not recommended as proper hand hygiene principles have proven to be more effective. The general use of gloves may itself be a risk as one may lose vigilance and become complacent (thinking that they have a higher level of protection). Cadets wishing to wear gloves are welcomed to purchase their own as unfortunately we are not able to provide them.

Stay Home if...

1. They are feeling sick,
2. They have a sick family member at home
3. Have fever
4. Inform the Commanding Officer by using the Request for Leave page in the website

Where can I find more information?

Additional information can be found below:

<https://www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection.html>

<https://www.who.int/emergencies/diseases/novel-coronavirus-2019>

<https://www.cdc.gov/coronavirus/2019-ncov/index.html>

We will continue to monitor and update you as the situation evolves. Please follow our updates in our websites:

Sea Cadets: www.miltonseacadets.com

Navy League Cadets: www.nlccadventure.ca

Your Cadet Leadership Team

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