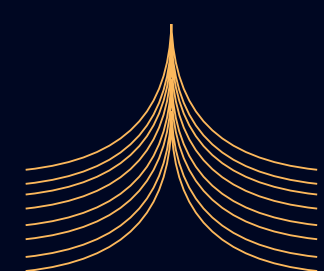
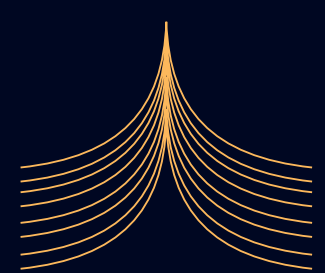
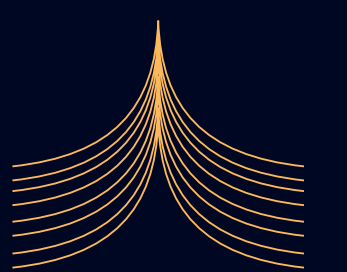
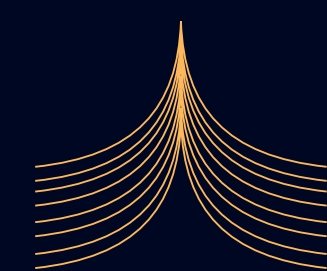
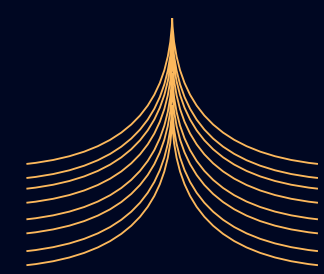
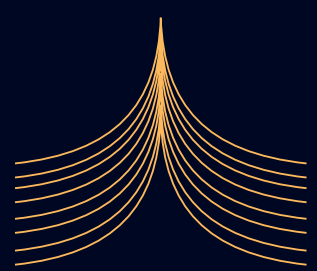
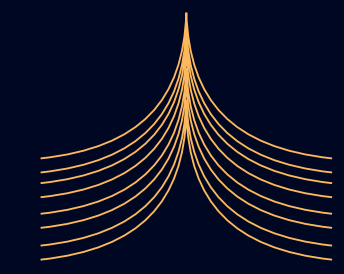
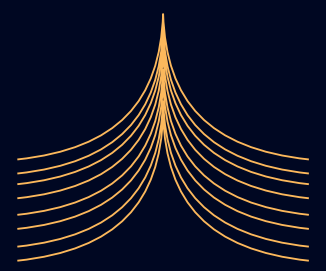
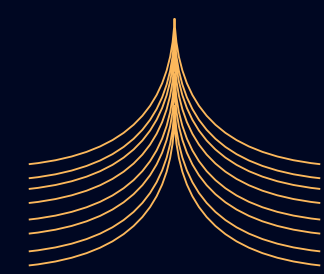
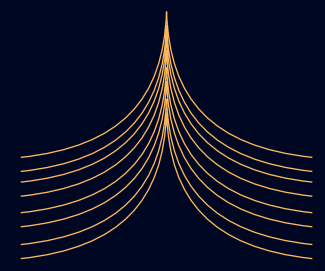
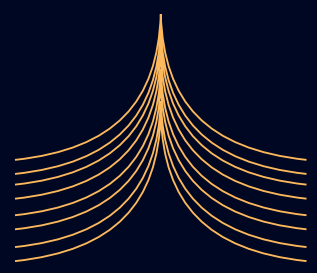
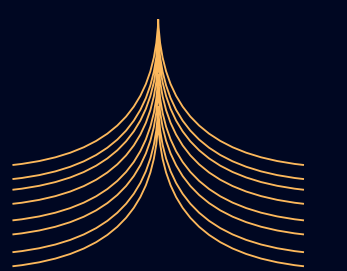
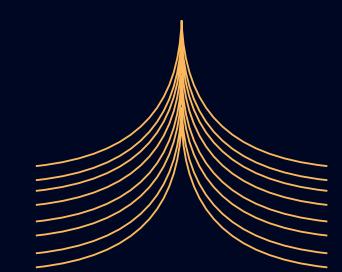
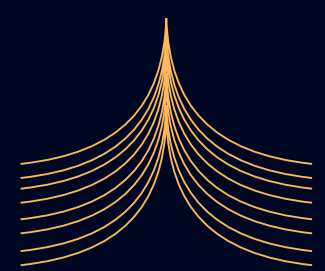
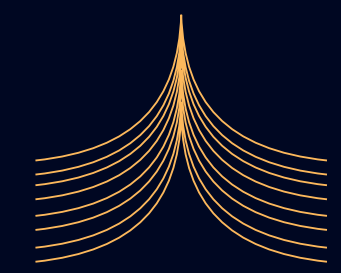
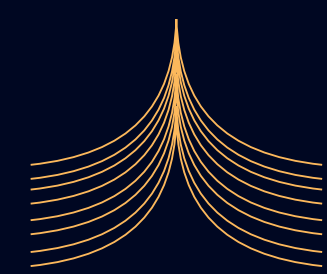
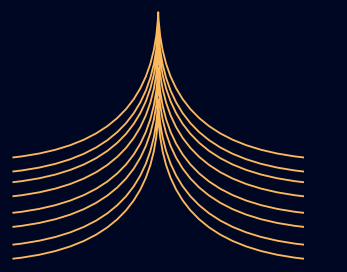
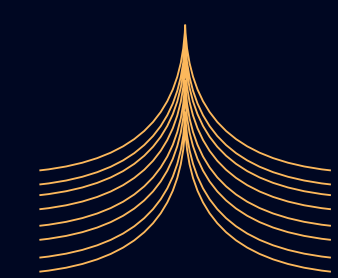
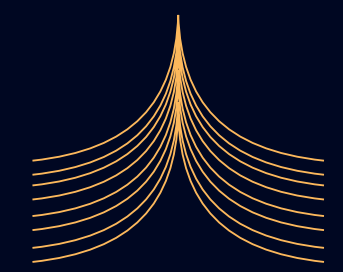


# YOUR GUIDE TO A HEALTHY HOLIDAY SEASON



<https://www.covid-stop.ca>

# ***On the first day of Christmas,***

Our group of doctors and scientists have prepared this guide to help you plan safer family gatherings. We hope to provide you with enough knowledge and tools to enjoy your time with your loved ones safely to limit the risks of contracting and transmitting COVID-19.

Why we are concerned about the current situation:

- The number of new infections is on the rise.
- The effectiveness of vaccines in preventing transmission of the virus wanes as one gets further out from the date of the 2nd dose.
- The highly contagious Omicron variant is spreading rapidly in Quebec.
- It is estimated that 10 to 30% of people infected with COVID have longer-term impairment (long-term COVID).

**In this guide,** you will find explanations of the main mode of transmission of the virus, practical information as well as hyperlinks to obtain rapid tests, N95 masks, CO2 sensors, and air purifiers.



# ***Let it blow, let it blow, let it blow!***

Please keep in mind that **the virus is transmitted through the air** (airborne transmission).

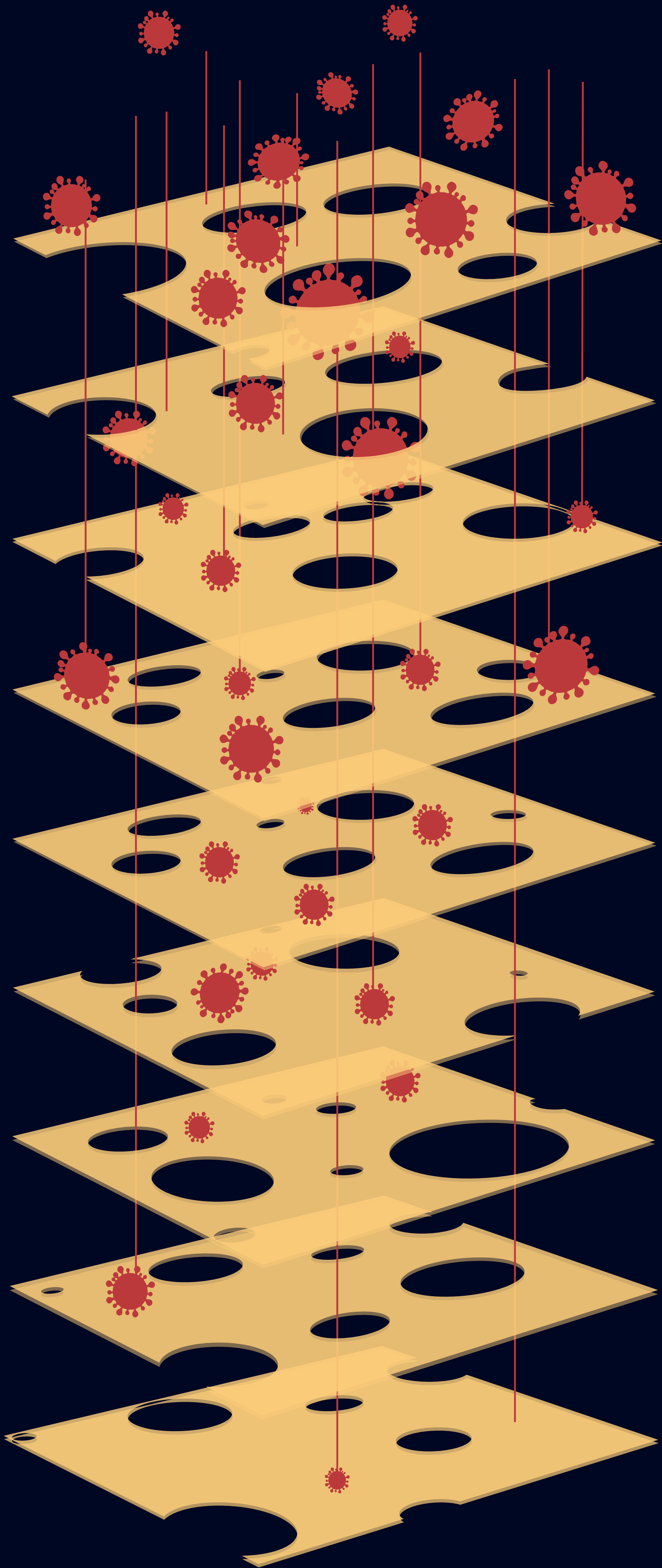


Each guest should be viewed as a person who smokes and exhales potentially contagious aerosols. How are you going to protect yourself and the other guests from this infectious **smoke**?



# *Chestnuts roasting on an open fire...*

and a few cheese slices!



The Swiss cheese model shows that a single intervention is not enough. Each of the proposed measures has its limits. Risks are significantly reduced when we combine them.

**Now, it is up to you to adapt this model according to the situation!**

Should you have **symptoms**, protect your loved ones and stay home.

Promote **outdoor** gatherings as much as possible.

Limit the **number** of guests.

**Ventilate** enclosed spaces and filter the air.

Ask each guest to take a **rapid test**, just before the gathering.

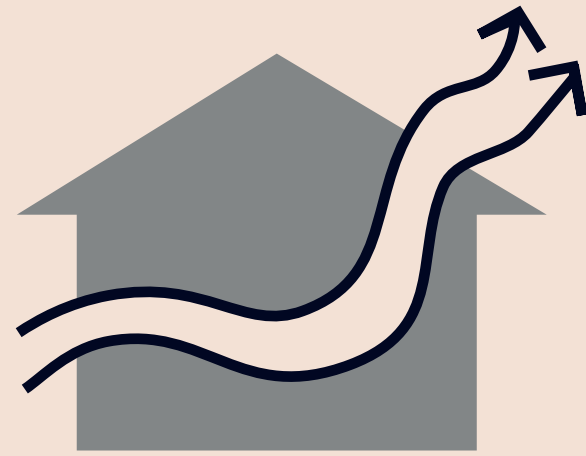
Please make sure you are properly **vaccinated**. Take the 3rd dose as soon as you are eligible.

Wear well-fitted **masks** (N95) to protect the most vulnerable or when exchanging hugs.

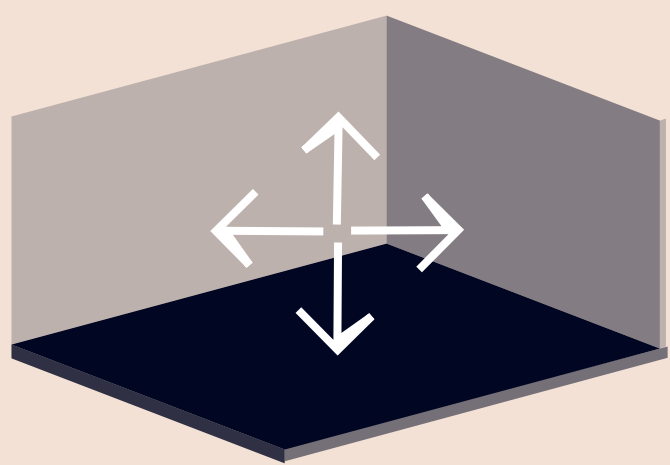
Maintain physical **distancing**.

# Let it blow... (bis)

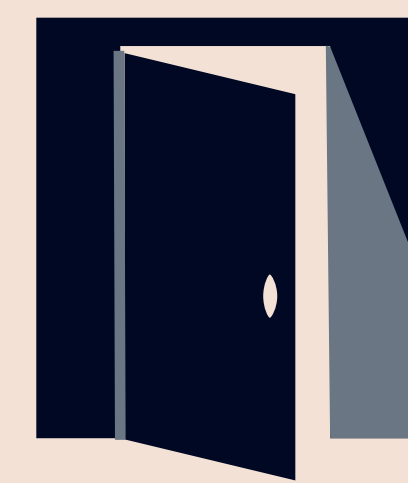
The virus is transmitted through the air. Particular attention must therefore be paid to the ventilation of interior spaces.



Create a draft by keeping windows open a few centimeters at all times.



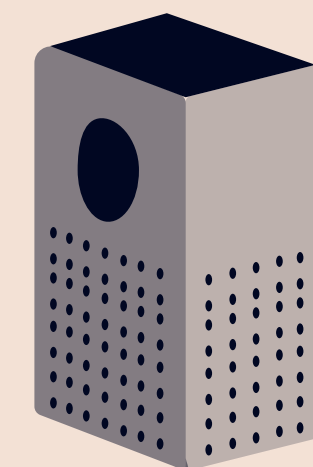
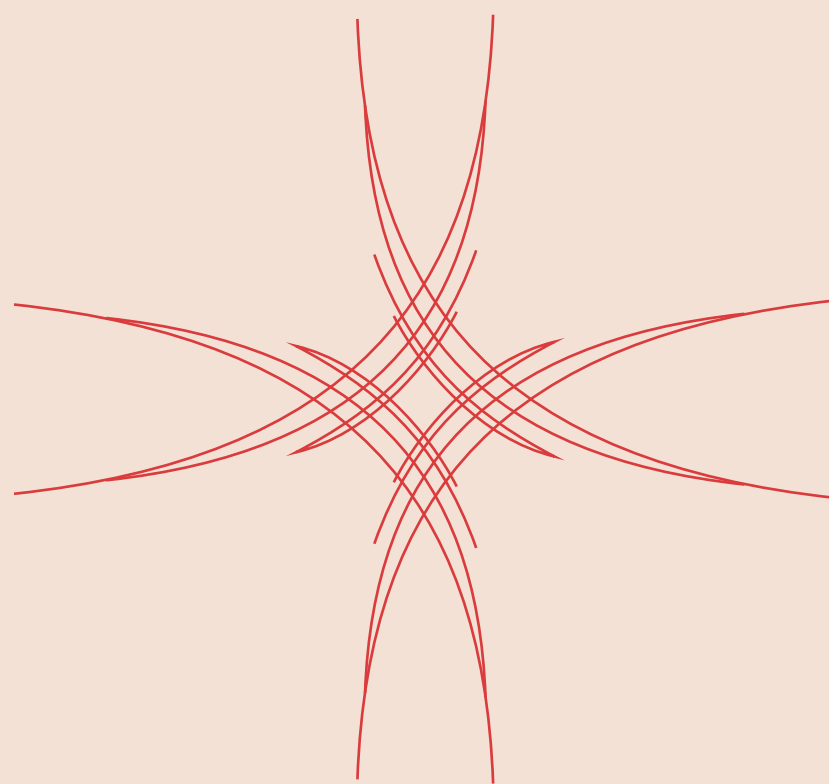
Choose large rooms and high ceilings.



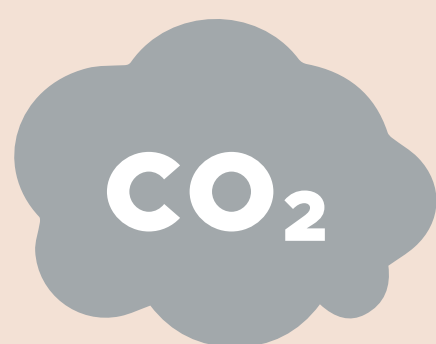
Open the exterior door 5 minutes per hour.



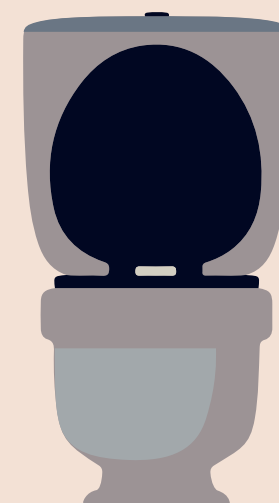
Leave the kitchen hood and bathroom fan on.



If you have an air purifier, turn it on.



You could use a CO<sub>2</sub> sensor to make sure the room is well ventilated.



Have guests close the toilet lid before flushing.

# ***Here comes Santa Claus...***

Here is the Santa Claus list, COVID-STOP style, with hyperlinks to make it easier for your to find our gift suggestions.

It should be noted that we have no financial interest in the sale of these products.

## **Rapid Tests**

Tests approved by Health Canada detect 85 to 90% of contagious people, whether they have been vaccinated or not , whether they show symptoms or not. Ideally, the test should be performed immediately before the gathering for maximum reliability. Results are available in 15 minutes. The testing equipment should be left at room temperature.

Please consider signing our petition for free and open access to rapid tests.

<http://bitly.ws/kgiD>

To purchase:

<https://rapidtestandtrace.ca/fr>

## **Masks**

The protection conferred by a procedural mask is approximately 50% while the N95/ KN95 type masks offer more than 90% protection without a fit tests (95% when the seal is verified with a fit test).

Here is a comparative assessment of different masks' effectiveness:

<https://bit.ly/3oRm9Dj>

To purchase KN95

<https://masks4canada.org/how-to-properly-make-buy-and-use-a-mask/>



## **CO<sub>2</sub> Sensors**

In an environment where people are not masked, the CO<sub>2</sub> level should be below 600 PPM.

To purchase:

Smart, connected sensors designed and manufactured in Quebec by André Courchesne, who is also a member of COVID-STOP:

<https://www.co2.click>

Toronto distributor :

[www.airq.ca/products/airq-touch](http://www.airq.ca/products/airq-touch)

## **HEPA Air Purifiers** (without ionizing and ozone)

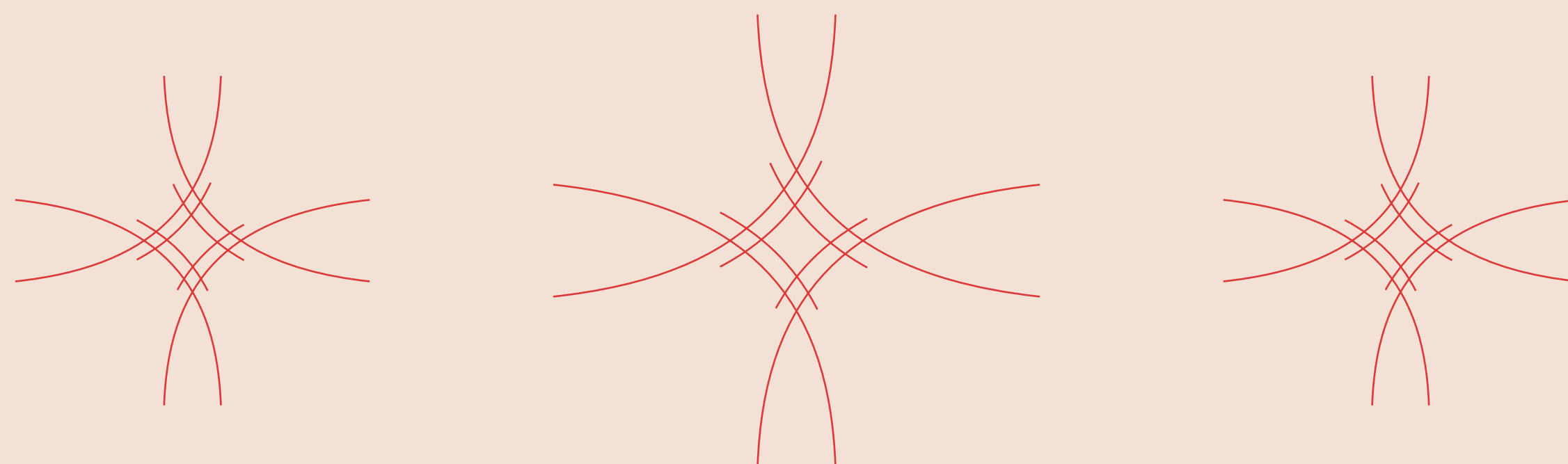
They are recommended by the CDC and Health Canada to reduce the risk of contagion in confined spaces.

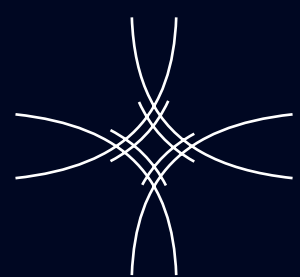
To assess the best value-for-money:

<http://bitly.ws/kgje>

Air purifiers manufactured in St-Hubert :

<https://boutique.epurair.com/>





# ***Our wishes for 2022***

## ***We wish a healthy recovery for everyone with Long COVID.***

A significant proportion (10 to 30%) of people infected with COVID suffer from long-term impairment, and too little is said about it. Children and those who have been vaccinated can also develop long-term COVID.

For more information:

[www.santemonteregie.qc.ca/ouest/covid-longue](http://www.santemonteregie.qc.ca/ouest/covid-longue)

Bibliography of studies on Long-COVID:

<https://pandemicaidnetworks.org/long-covid-research-library>

Support group for people affected:

[www.facebook.com/groups/covidlonguequebec](http://www.facebook.com/groups/covidlonguequebec)

## ***We wish for COVID-19 vaccines, as well as patents, to be shared with countries in the Global South.***

Without a vaccine available to all, the virus remains a danger for all.

To sign the petition:

[www.one.org/canada/fr/](http://www.one.org/canada/fr/)

