

Safety Notice for Workers Coronavirus (COVID-19)

What is Coronavirus (COVID-19)

- COVID-19 is a virus that can cause illness ranging from a cold-like illness to a severe lung infection. In some cases it can cause hospitalization and death.
- Symptoms may appear between 2 days to 14 days after being exposed.
- People can spread the disease even before they start showing symptoms.

Key Prevention Steps:

- 1. Wear a mask in all indoor public and work places.**
- 2. Social Distancing: Stay 2 meters away from other people on-site.**



2. Keep Your Mind on Your Task!

This is very important for all workers to remember during this pandemic. Keeping your mind on your task is critical to prevent any incidents from happening.

Things are changing daily. You should expect daily communications from your employer and be prepared that you may be expected to change your routines.

Some examples of this:

- Enforcing social distancing and wearing a mask in all required situations.
- Cleaning and disinfecting your tools and work surfaces after every use
- Temperature checks from First Aid Attendants
- Wellness questions being asked to ensure you are not sick before entering sites or random checks

3. Follow These Tips:



Wash your hands often with soap and water for at least 20 seconds. If soap and water are not available, use an alcohol-based hand sanitizer.



Avoid touching your eyes, nose and mouth with unwashed hands.



Cover your cough or sneeze with your elbow or a tissue. Throw tissue in the trash.



Avoid close contact with people who are sick.



Clean and disinfect objects and surfaces that are frequently touched.



✓ **RIGHT**



✗ **WRONG**

Wear a mask in all indoor public spaces and work places.

Stay home when you are sick!

Stay home when someone you live with is sick!

What Are the Symptoms

Fever or
Chills

Cough

Sneezing

Sore
Throat

Difficulty
Breathing

Diarrhea

Loss of Smell
or taste

Loss of
Appetite

Extreme
Fatigue or
Tiredness

Headache or
Body Aches

Nausea or
Vomiting

How does COVID-19 Spread?

- Breathing in droplets in the air that are created when people cough or sneeze
- Close contact with other people (e.g. shaking hands or hugging)
- Touching contaminated surfaces and then touching the face, mouth, or food.



Jane is unwell. When she sneezes, coughs or talks, droplets go into the air. These droplets can enter the eyes, nose and mouth of people nearby.



Jane coughs into her hand, then touches a door handle. Now the virus is on the handle.



George opens the door handle that Jane touched. The virus moves to his hand. He touches his nose, and it enters his body. A few days later, George is sick with the virus.



George passes the virus to his daughter Sonia. A few days later, Sonia feels unwell. She may have spread the virus to her classmates if she attended school with the virus.



BC COVID-19 Symptom Self-Assessment Tool

<https://covid19.thrive.health>

What should you do if you have symptoms or have been exposed?

Use the BCCDC Self-Assessment Tool:

If you have any symptoms, isolate yourself from others as quickly as possible.

If you have been in close contact with someone who is being tested for COVID-19 or has tested positive, stay home and monitor yourself for symptoms and take your temperature every day.