

# COVID-19 (Coronavirus) precautions

List the hazards on site:

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## Explain dangers

A new type of coronavirus, abbreviated COVID-19, is causing an outbreak of respiratory (lung) disease. While the immediate health risk in Ontario is low, it is important to plan for any possible outbreaks.

Although it is not known where, and to what extent, the disease may spread in Ontario, it is highly contagious. The severity of this illness can vary from person to person. There are, however, steps you can take to prevent the spread of infection.

### What are the symptoms of COVID-19?

According to Health Canada, symptoms can appear in as little as a few days or as long as 14 days after being exposed to someone with the disease. Coronaviruses can cause a range of symptoms including fever, cough, sore throat, and shortness of breath.

For some people, the symptoms are like having a cold; for others, they are quite severe or even life-threatening. It is important to check with your healthcare provider and follow instructions about staying home or away from public spaces to prevent the spread of the virus.

### How does the coronavirus spread?

The virus typically spreads through coughing and sneezing, personal contact with an infected person, or touching an infected surface and then the mouth, nose, or eyes.

## Identify controls

### Stay home when feeling ill

If you detect symptoms, you should immediately distance yourself from others and go home—without using public transit, if possible.

Ensure supervisors are notified so that they are aware of the situation and can notify others who may have been exposed.

For Ontario residents, anyone who suspects that they have contracted COVID-19 should call 811 (NOT 911) instead of going to the hospital or a family doctor. Once connected, a healthcare professional will provide essential information. They may arrange for a medical specialist to do a home visit and inspection. Direct phone numbers for Ontario residents are: 1-800-797-0000 or 1-800-797-0007.

### Practise good hygiene

Health Canada recommends following basic hygiene practices:

- Wash hands frequently with soap and water for at least 20 seconds.
- If using hand sanitizers, they must be alcohol-based (with greater than 60% alcohol) to be effective.
- Sneeze or cough into a tissue and discard it.
- Use a clean tissue or your knuckle to touch light switches, doors, elevator buttons, etc.

### Maintain social distancing

COVID-19 is spread through contact. Instead of a handshake, a kiss, or a hug, greet people with a friendly wave. It is less likely to expose you to a respiratory virus. Whenever possible, keep a safe distance between co-workers and customers to prevent exposure, ideally a distance of 2 metres (6 feet).

# COVID-19 (Coronavirus) precautions<sub>con't</sub>

## **Be prepared for an emergency situation**

Stock up on essentials, but avoid panic buying. To prepare for emergency situation, you should have the following on hand:

- Soap, facial tissues, paper towels, alcohol-based hand sanitizer, household cleaning products, and regular detergents for washing dishes and doing laundry
- Fever-reducing medications, such as acetaminophen or ibuprofen
- Plastic garbage bags for containing soiled tissues and other waste
- Bleach to create a solution of 1-part bleach to 9-parts water for disinfecting surfaces.

Remember to refill your prescriptions and consider renewing them ahead of time.

## **Demonstrate**

With your crew:

- Demonstrate proper hand-washing procedures with soap and water.
- Evaluate areas where people have frequent contact with each other and shared objects to make sure that proper hygiene can be maintained.
- Review emergency risks in your region and discuss how to prepare for different situations.
- Discuss methods of social distancing that can be applied in various scenarios.

For addition information, refer to Health Canada's website on COVID-19: **[www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection/being-prepared.html](http://www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection/being-prepared.html)**

