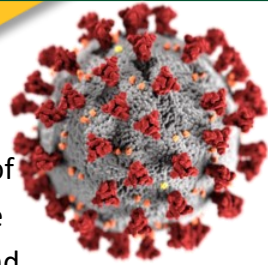


# CORONAVIRUS (COVID-19)

COVID-19 CONTINUES TO EVOLVE, FOR UP-TO-DATE INFORMATION YOU CAN VISIT [www.gov.nl.ca/covid-19](http://www.gov.nl.ca/covid-19), PUBLIC HEALTH AGENCY OF CANADA AND THE WORLD HEALTH ORGANIZATION.

## WHAT IS COVID-19?

COVID-19 is a respiratory tract infection, which means that most of the symptoms are felt in the chest and lungs.



If you are exhibiting flu-like symptoms such as fever, cough or congestion:

- Do not come to work
- Contact your supervisor
- Contact your Human Resource Department
- Use the self-assessment tool at [www.811healthline.ca](http://www.811healthline.ca)

## WHAT ARE THE SYMPTOMS?

The following symptoms are the most common:

- Fever
- Cough
- Shortness of breath

And may appear 2 to 14 days after exposure.

If you develop **any of these signs** get **medical attention immediately**. Emergency warning signs include\*:

- Difficulty breathing or shortness of breath
- Persistent pain or pressure in the chest
- New confusion or inability to arouse
- Bluish lips or face

**This list is not all inclusive**  
Please consult your medical provider for any other symptoms that are severe or concerning.

### FEVER



### COUGH



### SHORTNESS OF BREATH



## PERSONAL PROTECTIVE EQUIPMENT

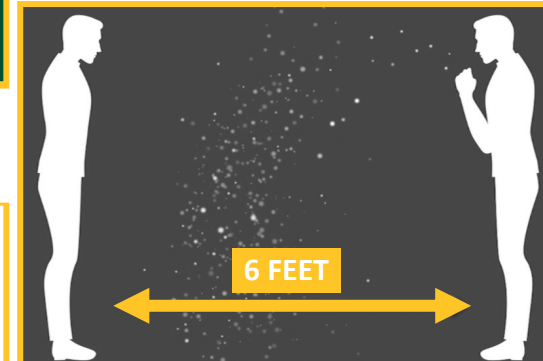
In addition to current PPE requirements and similar protections for your job:

- If you are healthy, masks and gloves are not recommended as they may give a false sense of security, and there are potential risks of infection with improper use and disposal.
- storage of personal gear such as jackets, vests and rain gear are not permitted on-site unless stored in a location where contact with individuals is not possible (an infected individual may have left respiratory droplets on their clothing, which could expose others if they touch the clothing).
- use gloves, mask and eye protection when cleaning a suspected infected area.

## SOCIAL DISTANCING

Is maintaining distance from other people.

Staying at least 6' away from other people lessens your chances of catching COVID-19. That is because when someone coughs or sneezes they spray small liquid droplets from their nose or mouth, which may contain the virus.



## CAN COVID-19 SURVIVE ON A SURFACE?

The life span of the virus while outside of the body is unknown.

Other human coronaviruses can live on contaminated surfaces for up to 7 days.

With proper cleaning procedures, viruses present on surfaces can be killed. For guidance on proper cleaning procedures, please visit [www.gov.nl.ca/covid-19](http://www.gov.nl.ca/covid-19)

## HOW DOES COVID-19 SPREAD?

- The virus is thought to spread through respiratory droplets.
- Respiratory droplets may be produced through a cough or a sneeze.
- These respiratory droplets may cause viral transmission from person to person when near one another.
- The respiratory droplets may also land on clothing or other objects.
- It may be possible for an individual to contract COVID-19 by first touching a surface or object that has the virus on it and then touching their own mouth, nose or possibly their eyes.
- May transfer from working in close proximity of each other.

## MEETINGS

- Avoid when possible
- Maintain separation of two arm lengths between people
- Stagger breaks and lunches
- Conduct meetings in work areas
- Use electronic devices, email, text
- No social or public events

## CLEAN YOUR SURFACES

Diluted household bleach solutions can be used if appropriate for the surface. Follow manufacturer's instructions for application and proper ventilation. Check to ensure the product is not past its expiration date. Never mix household bleach with ammonia or any other cleanser. Unexpired household bleach will be effective against COVID-19 when properly diluted. Mix a new diluted household bleach solution every 24 hours. Use only disinfectants that have a drug identification number which is an 8-digit number that confirms it is approved for use.

## EPA APPROVED PRODUCTS LIST TO USE AGAINST COVID-19

<https://www.americanchemistry.com/Novel-Coronavirus-Fighting-Products-List.pdf>

(CLICK THE LINK ABOVE)

## HAND WASHING BEST PRACTICES

Wet your hands with clean, running water (warm or cold) turn off the tap and apply soap; Lather your hands by rubbing them together with the soap.

Be sure to lather the backs of your hands, between your fingers and under your nails;

Scrub your hands for at least 20 seconds.

Rinse hands well under clean, running water;

Dry hands using a clean towel or air drying them. Turn off taps with a paper towel.

If hands are not visibly dirty, alcohol based hand sanitizer can be used in place of soap.

