



## COVID-19 (Coronavirus)

### What is Coronavirus (COVID-19)

Coronaviruses are a family of viruses transmitted between humans and animals. COVID-19 is the infectious disease caused by coronavirus. Common symptoms include fever, tiredness and dry cough. Some patients may experience sore throat, runny nose, nasal congestion, aches and pains or diarrhea. Most people recover from the disease without needing any special treatment, however some people who get COVID-19 become seriously ill and develop breathing difficulties. Older people, and those with underlying medical problems like high blood pressure, heart problems or diabetes, are more likely to develop serious illness.

### How is COVID-19 transmitted?

If a person carrying the virus sneezes, coughs or exhales, respiratory droplets are released into the atmosphere and they may quickly land on nearby surfaces and/or another person. A worker may then touch contaminated surfaces or objects and then rub their eyes, nose, or mouth before washing.

The virus can be transmitted by:

- breathing in droplets in the air that are generated 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; or
- touching a contaminated surface and then touching another surface may cause the virus to transfer from one surface to another.

### Self-Isolation

If you are required to self-isolate, based on the Government of Newfoundland and Labrador's established criteria, you are not permitted to be at the workplace. You may not return to work

until you have been cleared to do so, by Public Health. For more information on self-isolation requirements, visit the [Government of Newfoundland and Labrador's COVID-19 Information Page](#).

### Key Prevention Strategies for Workers

To help reduce your risk of infection:

- Wash your hands often with soap and water for at least 20 seconds. Using soap and water is the single most effective way of reducing the spread of infection. If soap and water are not available, use an alcohol-based hand rub.
- Do not touch your face, eyes, nose or mouth with unwashed hands. Cover your mouth and nose with the crease of your elbow or a tissue when you sneeze or cough. Discard of tissue immediately.
- Regularly clean and disinfect frequently touched surfaces.
- Do not share food, drinks, utensils, etc.
- Maintain "physical distancing requirements" (2 meters)
- Use personal protective equipment (PPE) as required.
- If you are experiencing any of the symptoms of COVID-19, stay home, call 811 or complete the [811 Online COVID-19 Self Assessment Tool](#).

### How To Stop The Spread of Viruses On Site:

- Emphasize hand hygiene etiquette by all employees at toolbox talks and orientations – put up posters of proper hand washing techniques.
- Ensure that hand washing stations and alcohol base hand sanitizers are on site and available for all workers.
- Ensure all offices and non-porous tools are sanitized and cleaned regularly.
- Actively encourage sick employees to stay home. Place informative posters telling people what to do if they get sick.
- Plan to minimize exposure between employees and the public – follow social physical distancing requirements.
- Plan work tasks to minimize exposure from worker to worker. Limit the number of persons on site.
- [What to Do When Physical Distancing Cannot Be Maintained](#).