



***** The information in this document is current to March 19, 2020, but Information is evolving each day. For the most current information, visit the Manitoba Government website at <https://www.gov.mb.ca/covid19/media.html>***

Symptoms of COVID-19

- Fever
- Shortness of breath / Breathing difficulties
- Cough
- More severe symptoms such as pneumonia, severe acute respiratory syndrome, kidney failure and even death can occur.

The risk of severe disease may be higher if you have a weakened immune system. Individuals with weakened immune systems tend to be older or have underlying chronic diseases (for example diabetes, cancer, heart, renal or chronic lung diseases).

Experiencing symptoms? Take a pre-screening test <https://sharedhealthmb.ca/covid19/screening-tool/>

What's the Danger?

The risk is contracting the virus and spreading it to others. Human coronaviruses cause infections of the nose, throat and lungs. They are most commonly spread from an infected person through:

- respiratory droplets generated when you cough or sneeze
- close, prolonged personal contact, such as touching or shaking hands
- touching something with the virus on it, then touching your mouth, nose or eyes before washing your hands

Current evidence suggests person-to-person spread is efficient when there is close contact.

Safety Tips

- ✓ **Stay home if you are sick.** This will prevent the spread of the illness.
- ✓ If you begin to feel sick at work, go home as soon as possible, and self-isolate for 14 days. Contact Health Link-Info-Santé if you are experiencing symptoms of the 2019 novel coronavirus (204)788-8200. Do not call 911 unless it's an emergency.
- ✓ Wash your hands often with soap under warm running water for at least 20 seconds.
- ✓ Use alcohol-based hand sanitizer.
- ✓ Avoid touching your nose, mouth, and eyes
- ✓ Cover your coughs and sneezes with your arm
- ✓ Avoid contact with ill people
- ✓ Cross-train other employees so they can cover when others are away.
- ✓ Disinfect common surfaces such as doorknobs, keyboards, phone, and light switches.
- ✓ Consider virtual meetings, telephone calls, video conferencing to reduce prolonged contact



- ✓ Remind staff to not share glasses, dishes and cutlery. Wash dishes in soap and water after use.
- ✓ Ensure ventilation systems are working properly.
- ✓ Remove magazines and papers from waiting areas or common rooms (such as customer lounge).
- ✓ Provide alcohol-based hand sanitizers to employees onsite and for those who perform mobile work.
- ✓ Avoid handling cash where possible, use debit and credit payments only. If you must handle cash, wear gloves and wash your hands immediately after.

Social Distancing

Together, we can slow the spread of COVID-19 by making a conscious effort to keep a physical distance between each other. Social distancing is proven to be one of the most effective ways to reduce the spread of illness during an outbreak. With patience and cooperation, we can all do our part.

This means making changes in your everyday routines to minimize close contact with others, including:

- ✓ avoiding non-essential gatherings
- ✓ avoiding common greetings, such as handshakes
- ✓ avoiding crowded places such as concerts, arenas, conferences and festivals
- ✓ limiting contact with people at higher risk like older adults and those in poor health
- ✓ keeping a distance of at least 2 arms lengths (approximately 2 metres) from others, as much as possible

Demonstrate

- ✓ Employers, managers, and supervisors need to lead by example and ensure to stay home if they are sick.
- ✓ Put up posters or signage for hygiene reminders to prevent transmission.
- ✓ Consider “working from home” options where possible

Discussion

How many sick days employees are entitled to

Review the employee wellness plan if available

Review business continuity plan and infection control plan

Review working from home guidelines

Sources: <https://www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection/prevention-risks.html> & <https://www.ccohs.ca/oshanswers/diseases/coronavirus.html>



Manitoba Workplace Safety and Health Act and Regulation

Workers Involved in this Safety Talk

Date: _____

Name	Signature

Name	Signature

Notes

Please contact S2SA with any questions or concerns!

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