

Coronavirus Guide



PENINSULA



Wash your hands



Use a tissue for coughs



Avoid touching your face

Coronavirus Guidance

Advice for people who think they may have coronavirus



Call Ahead: Your own doctor or call the Health authority



You may then be tested for the virus



You may be asked to self-isolate



A doctor or nurse will give you advice on what to do next



Your details may be passed to local health officials



If an employee has contact with someone who has COVID-19 symptoms or if they are returning from travel – ask them to stay away from the workplace. Ask them to return home and monitor themselves for symptoms for 14 days. If they begin experiencing symptoms, advise them to call their doctor or Public Health Authority. If they are asked to self-isolate, allow them to do so and follow normal absence procedures in line with new COVID-19 legislation.

Hand Hygiene Guide

Hand hygiene is the most important thing we can do to reduce the spread of coronavirus. Use soap and water or alcohol hand rub to clean your hands regularly.

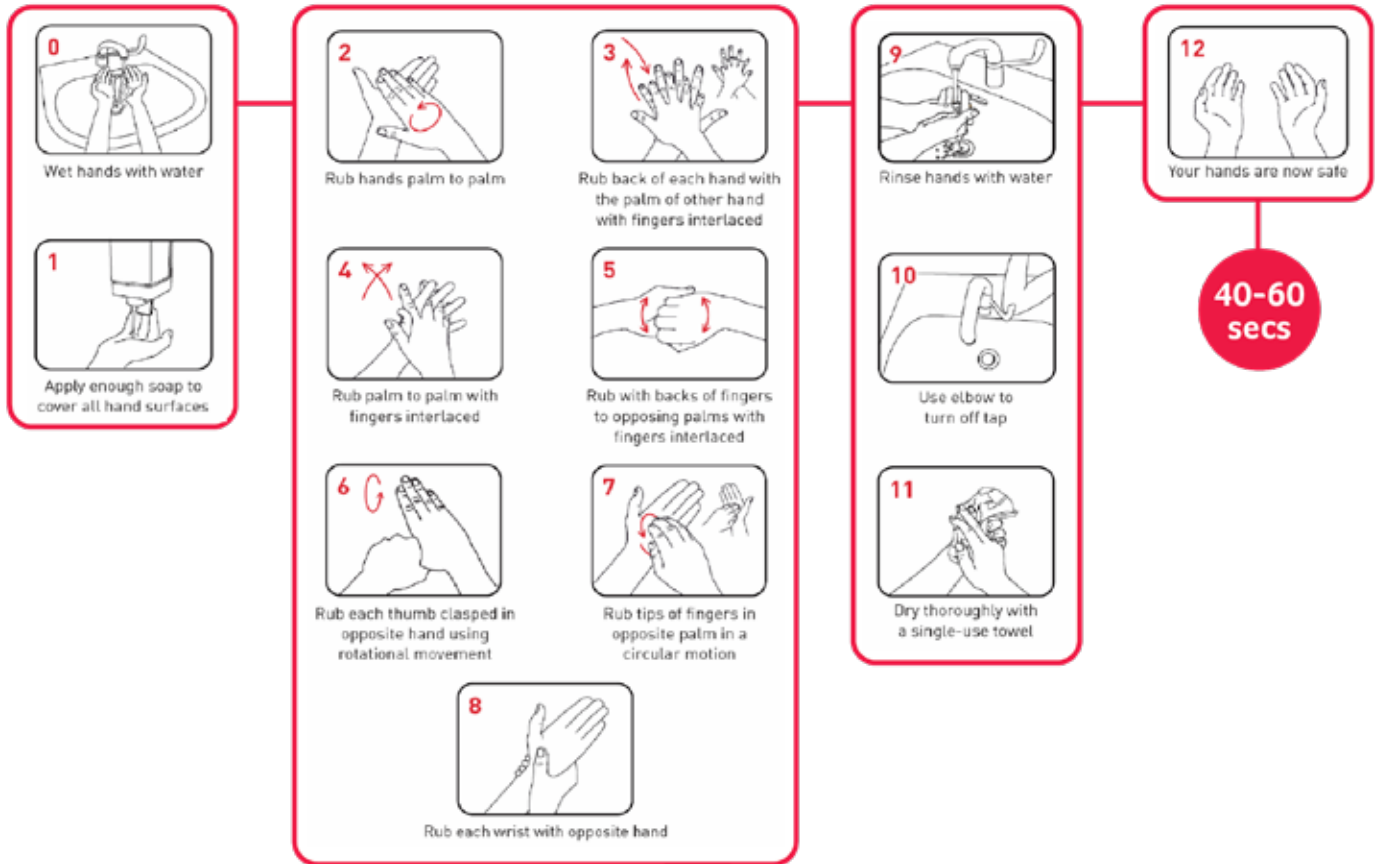
How to wash your hands with soap and water

1. Wet your hands with warm water and apply soap.
2. Rub your hands together until the soap forms a lather.
3. Rub the top of your hands, between your fingers and under your fingernails.
4. Do this for about 15 seconds.
5. Rinse your hands under running water.
6. Dry your hands with a clean towel or paper towel.

When should you wash your hands?

- Before and after preparing and eating food or drink
- Before and after visiting a customer site
- After using the bathroom
- After handling waste/after removing gloves
- When hands are visibly dirty
- After sneezing or coughing
- Generally, as often as possible

How to handwash with soap and water



Public Health Authority Numbers

BC **8-1-1**

AB **8-1-1**

ON **1 (866) 797-0000**

Government Canada COVID-19
Information Line:

1 (833) 784-4397



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