

#StopTheSpread

How you can help stop COVID-19 in your workplace.

The Covid 19 Variants of Concern (VOCs) are more easily spread than the regular virus. With the increasing numbers of VOC cases in Saskatchewan, it is more important than ever to protect yourself and others at work. The following are ways you can help protect your health and the health of your co-workers.

When eligible, get VACCINATED!

01 Not feeling well? (see sidebar for possible COVID-19 symptoms)

- Stay home and inform your supervisor.
- Call 811 for an assessment.
- If needed, get tested and isolate.
- If you start to feel ill at work, tell your supervisor, go directly home, call 811.

02 When you arrive at work:

- Wash your hands or use hand sanitizer.
- Complete and document COVID-19 screening as required by your employer.
- Use approved sanitizing wipes to wipe down the surfaces and equipment you frequently touch in your personal workspace: phone, keyboard, mouse, chair armrests, etc.

03 When indoors, wear a mask:

- The mask should cover your nose, mouth and chin—a face shield or visor can be used in an addition to a mask, but not as a replacement.
- Masks should be worn when you are moving about your workplace or when you are in a room with one or more people.
- Indoors you should wear a mask at all times even when you can keep 2 metres (6 feet) apart or there are physical barriers.

04 Don't gather together:

- Meet virtually using smartphones or computers.
- If weather permits, meet outside and stay 2 metres (6 feet) apart if anyone is not wearing a mask.
- Don't gather for meals, drinks and/or social events.
- Don't share food, plates, utensils or coffee pots.
- Don't order in shared meals.

05 Use approved hand sanitizer...often.

- When you leave or return to your personal workspace.
- Before and after eating, smoking, or going to the bathroom.
- Before and after touching your face or adjusting your mask.
- After coughing or sneezing. (Remember to cough or sneeze into your elbow)
- After using shared equipment: printers, photocopiers, pens, staplers, kettles, etc.
- After being in a room used by others—such as a meeting room, mailroom, kitchen, etc.

Remember: If your hands are visibly dirty or greasy, you need to wash them with soap and warm water.

06 Don't take COVID-19 home.

- Sanitize your hands as you leave the workplace.
- If practical, change your clothes when you get home.
- Wash your hands with soap and warm water once you arrive home.

Symptoms of COVID-19

- Fever
- Cough
- Headache
- Muscle and/or joint aches and pains
- Sore throat
- Chills
- Runny nose
- Nasal congestion
- Conjunctivitis
- Dizziness
- Fatigue
- Nausea/vomiting
- Diarrhea
- Loss of appetite
- Loss of taste or smell
- Shortness of breath
- Difficulty breathing
- If you have one or more of the above symptoms, even just mild ones, you should be screened for COVID 19. Call 811.

