

# SAFETY TIPS FOR WORKERS COVID-19

The following information provides the most up-to-date recommendations for workers entering construction sites in Manitoba amid the COVID-19 pandemic. This document will be updated as new information arises from the Government of Manitoba.

## WHAT IS COVID-19?

- COVID-19 is a virus that can cause illness ranging from a cold-like illness to a severe lung infection. In some cases it can cause hospitalization and death.
- Symptoms may appear 2 days to 14 days after being exposed.
- People can transmit the virus before they start showing symptoms.

## KEY PREVENTION STEPS:

1. Physical distancing: Stay 2 metres (6 feet) away from other people on-site, wear a mask if not possible.



2. Keep your mind on your task!

This is very important to remember during this pandemic. Keeping your mind on your task is critical to preventing any incidents.

Things are changing daily. You should expect daily communications from your employer and to be prepared to change your routines.

Some examples of that are:

- Enforcing physical distancing
- Cleaning and disinfecting your tools and work surfaces after every use
- Temperature checks from first aid attendants
- Wellness questions being asked before entering sites or at random, to ensure you are not sick

3. Follow these tips:



Wash your hands often with soap and water for at least 20 seconds. If soap and water are not available, use an alcohol-based hand sanitizer.



Avoid touching your eyes, nose and mouth with unwashed hands.



Cover your cough or sneeze with your elbow or a tissue. Throw tissue in the trash.



Avoid close contact with people who are sick.



Clean and disinfect objects and surfaces that are frequently touched.



✓ **RIGHT**



✗ **WRONG**

STAY HOME WHEN YOU ARE SICK!

STAY HOME WHEN SOMEONE YOU LIVE WITH IS SICK!

### WHAT ARE THE SYMPTOMS

Fever

Cough

Sneezing

Sore  
Throat

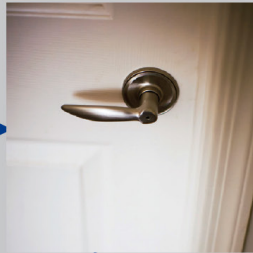
Difficulty  
Breathing

### HOW DOES COVID-19 SPREAD?

- Breathing in droplets in the air that are created when people cough or sneeze
- Close contact with other people (i.e. shaking hands or hugging)
- Touching contaminated surfaces and then touching the face, mouth, or food



Jane is unwell. When she sneezes, coughs or talks, droplets go into the air. These droplets can enter the eyes, nose and mouth of people nearby.



Jane coughs into her hand, then touches a door handle. Now the virus is on the handle.



George opens the door handle that Jane touched. The virus moves to his hand. He touches his nose, and it enters his body. A few days later, George is sick with the virus.



George passes the virus to his daughter Sonia. A few days later, Sonia feels unwell. She may have spread the virus to her classmates if she attended school with the virus.

### WHAT SHOULD YOU DO IF YOU HAVE SYMPTOMS OR HAVE BEEN EXPOSED?

Use the Shared Health Manitoba Screening Tool: <https://sharedhealthmb.ca/covid19/screening-tool/>

If you have any symptoms, isolate yourself from others as quickly as possible.

If you have been in close contact with someone who is being tested for COVID-19 or has tested positive, stay home and monitor yourself for symptoms and take your temperature every day.



Shared health  
Soins communs  
Manitoba