

# SAFETY TIPS FOR WORKERS COVID-19

The following information provides the most up-to-date recommendations for workers entering construction sites in Manitoba. 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:

- Get vaccinated - vaccines significantly lower the risk of severe outcomes.
- Wash your hands or use alcohol-based hand sanitizer frequently.
- Cover your cough/sneeze.
- Stay home when you are sick.



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**

## 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/>

Manitoba public health strongly recommend anyone who has cold or flu-like symptoms listed in the screening tool to isolate.