

# COVID-19

## Tips for Staying Safe

### BEFORE WORK



- Ensure fingernails are kept clean, short and do not extend beyond the fingertips. Do not wear artificial nails (gel, acrylic, nail extensions, nail wraps or nail jewellery).
- Bring a clean uniform to work, including a spare in case one becomes soiled.
- Leave rings and jewellery at home. If worn, ring must be a smooth band.
- Tie back long hair.
- Ensure you are clean shaven so not to interfere with the seal of a N95 respirator.

### DURING WORK



- Practice proper hand hygiene.
- Clean hands using alcohol-based hand rinse and use soap and water when hands are visibly soiled or feel dirty.
- Avoid touching eyes, nose and mouth.
- Try to avoid frequently touched surfaces and remember to clean hands often.
- Wear appropriate personal protective equipment and adhere to proper donning and doffing procedures.
- Do not use eye glasses as a substitute for eye protection (goggles or face shield).
- Developing even mild symptoms of COVID-19 while at work requires separation from others and immediately contacting Employee Health Services for further direction.
- Follow facility policy for calling in sick.

### AFTER WORK



- Remove uniform and place in a plastic or washable bag to be laundered at home.
- Leave work shoes at work.
- Clean and disinfect phone, ID badge and glasses.
- Shower at work or immediately upon arrival at home.
- Upon arrival at home, place work uniform in washer, and wash following clothing labels and clean hands.
- Dry clothing using the warmest temperatures recommended on the label.
- Stay active and maintain a healthy lifestyle; keep 2 metres (6 feet) from others.
- It is critical that anyone with any symptoms of COVID-19 (fever, cough or difficulty breathing), even mild symptoms, stay home to avoid spreading illness to others. Contact Tele-Care 811 or Employee Health Services. This service is available 7 days a week.