

COVID-19 Tips for Staying Safe



VACCINATION

- COVID-19 vaccination including a booster dose is one of the most important infection control measures to protect you from COVID-19! Based on current epidemiology a booster dose of the COVID-19 vaccine will double your protection against any COVID-19 infection.



POCT REMINDER

- If you are experiencing COVID-19 symptoms, call Employee Health Services for guidance, do not use a Point of Care Test (POCT).
- In the event of a positive POCT result, Horizon employees must contact Employee Health Services to schedule a PCR test immediately.



DURING 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 jewelry at home. If worn, rings must be a smooth band.
- Tie back long hair.
- Have a clean shave to not interfere with the seal of a N95 respirator.
- Even mild symptoms of COVID-19 should prompt an immediate call to Employee Health Services for further direction.
- Follow facility policy for calling in sick.
- 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).
- Eye protection has been shown to reduce the risk of COVID-19 infection by 40 to 90%.



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.
- Follow mask guidance, keep 2 m (6 ft) from others and minimize contacts.
- It is critical that anyone with any symptoms of COVID-19 (fever, cough, difficulty breathing) and even mild symptoms, stay home to avoid spreading illness to others. Contact Tele-Care 811 or Employee Health Services at 1-833-978-2580.