

Prevent the Spread of COVID-19

Guidance for Temporary Foreign Workers

There are many ways to prevent the spread of COVID-19. They all combine to provide more protection. Follow the instructions from your employer and local public health authorities to help everyone stay safe and healthy. If you feel sick, tell your supervisor right away.



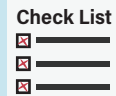
Practice good hygiene

- Wash your hands often with soap and water for at least 20 seconds.
- Use hand sanitizer with at least 60% alcohol.
- Don't touch your eyes, nose or mouth with unwashed hands.
- Cough or sneeze into the bend of your arm or a tissue.
- Don't share tools, personal protective equipment (PPE), masks, toiletries, food and drink, cigarettes, or personal items.



When and how to wear your mask

- **Wear your mask:**
 - When your employer or health authorities ask you to.
 - When indoors.
 - When close to other people.
- **Make sure your mask:**
 - Covers your nose, mouth and chin.
 - Fits snugly with no big gaps.
 - Is not torn or damaged.
- Do not touch your mask while wearing it.
- Use a new or fresh mask each day.
- Replace mask when wet or dirty.



Screening for symptoms

- You may be screened daily for COVID-19 symptoms including cough, high fever, sore throat, difficulty breathing, and lost sense of smell/taste.
- If you feel sick: wear a mask, stay away from others, and avoid touching produce or livestock.
- Call 911 if a person's symptoms are life threatening (e.g. trouble breathing).



When to isolate

- When you first arrive to Canada (for 14 days).
- If you have COVID-19 symptoms.
- If you have tested positive for COVID-19.
- If you have been exposed to someone with COVID-19.
- If there is an outbreak of COVID-19 in your workplace or community.



Maintain physical distancing

- Your employer should increase the space between you and other workers by:
 - Separating your workstations and/or installing barriers between you.
 - Installing traffic control lanes, arrows and signs.
 - Setting limits on how many people can be in one space at a time.
 - Keeping bunks two metres apart, set head to toe, and separated by barriers.
 - Assigning staggered seating in vehicles.



Look for proper ventilation

- Your employer should increase ventilation by:
 - Airing out work and living spaces.
 - Installing air conditioning units.
 - Opening windows and doors.
 - Shutting off hot machinery.
 - Reducing the number of people or livestock in an area.



Clean and disinfect

- Your employer must provide cleaning and disinfecting supplies and appropriate personal protective equipment (PPE).
- Follow any cleaning and disinfecting schedules and keep a record.
- Clean and disinfect items and surfaces that are shared and touched a lot, such as handles, buttons, switches, tools, equipment, tables, chairs, and counters.
- Vehicles should be disinfected after transporting workers.
- Wash kitchenware in hot, soapy water.
- Do laundry often. Keep dirty and clean laundry separated.



You may be kept in smaller groups

- Your employer may keep you in a cohort group with other workers. As a group, you work, travel, train, eat, live and socialize together.
- Don't let visitors enter your housing.
- Only travel in your community if you must, such as grocery shopping and medical appointments.