REDUCING THE RISK OF COVID-19

What you can do at work and at home

COVID-19 most commonly spreads from an infected person to another person through:



Breathing in someone's respiratory droplets or aerosols after they cough, sneeze, sing, shout or talk

CONTAMINATED



Touching something with the virus on it, then touching your mouth, nose or eyes with unwashed hands



Handshakes, hugs, kisses

WORK RISK FACTORS

Close contact with others

- Working near others where physical distancing

- Working indoors in closed spaces with poor ventilation

Contact with contaminated surfaces

- by others (door handles, service counters, card
- Availability of hand hygiene stations and supplies

PERSONAL RISK FACTORS

Are you in a high-risk group?

- Older adults
- Living with obesity

Engaging in activities in high risk settings:

- Crowded spaces with large numbers of people
- physical distancing
- breathing, for example, during exercise

KEEP YOURSELF SAFE

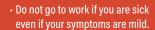
- Monitor for symptoms of COVID-19.
- Follow advice from your local public health authority.
- Avoid contact with people who are sick.
- · Practice physical distancing as much as possible outside the home.
- Greet with a wave or a nod rather than a handshake, hug or kiss.
- Wash your hands often with soap and water for at least 20 seconds or use alcohol-based hand sanitizer with at least 60% alcohol.
- Cover your mouth and nose with a tissue when you cough or sneeze, or cough into your elbow.
- Wear a non-medical mask or face covering when physical distancing is not possible.

GOING INTO WORK?



- If you're taking public transit:
 - Wear a mask
 - Sit apart from others
 - Avoid traveling during peak hours if possible
- Bring your lunch, coffee and snacks from home and avoid sharing food, utensils, and plates.
- Avoid gathering in groups in break rooms and common areas.
- Clean and disinfect frequently touched surfaces, including your personal workspace.
- Avoid visiting public spaces during your breaks.

IF YOU ARE EXPOSED **OR HAVE SYMPTOMS**





- Already at work? Put on a mask, tell your supervisor and go home in a private vehicle, if possible.
- Isolate from people in your household.
- Call your local public health authority for advice.
- Consider getting tested.

WHAT EMPLOYERS CAN DO

- Complete risk assessments.
- · Identify and set up prevention strategies:





- · Stagger start times
- · Provide good ventilation
- Provide outdoor spaces Use physical barriers
- Limit the number of people in a space
- Screen for symptoms
- Monitor the success of these controls.
- · Consider changes or other steps if issues arise.



