

# 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:

## CLOSE CONTACT



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

## CONTAMINATED SURFACES



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

## COMMON GREETINGS



Handshakes, hugs, kisses

## WORK RISK FACTORS

### Close contact with others

- Working near others where physical distancing cannot be maintained
- Working in crowded spaces
- Prolonged contact with others
- Working indoors in closed spaces with poor ventilation



### Contact with contaminated surfaces

- Frequent contact with surfaces touched often by others (door handles, service counters, card payment machines, tools, equipment)
- Availability of hand hygiene stations and supplies

## PERSONAL RISK FACTORS

### Are you in a high-risk group?

- Older adults
- Chronic medical conditions (immunocompromised)
- Living with obesity



### Engaging in activities in high risk settings:

- Closed spaces with poor ventilation
- Crowded spaces with large numbers of people
- Close contact where you cannot maintain physical distancing
- Where there is singing, shouting or heavy 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

- Do not go to work if you are sick even if your symptoms are mild.
- 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:
  - Allow remote work
  - 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.



**MORE INFORMATION:**

<https://www.canada.ca/coronavirus>