

November 20, 2020

COVID-19 SAFETY PLAN

IF YOU HAVE SYMPTOMS

The most common symptoms include

- Fever (average normal body temperature taken orally is 37 C)
- Chills
- Cough or worsening of chronic cough
- Shortness of breath
- Sore throat
- Runny nose
- Loss of sense of smell or taste
- Headache
- Fatigue
- Diarrhea
- Loss of appetite
- Nausea and vomiting
- Muscle aches
- Stuffy nose
- Conjunctivitis (pink eye)
- Dizziness, confusion
- Abdominal pain
- Skin rashes or discoloration of fingers or toes.

Do not come to work. You must self-isolate for at least 14 days. Stay home, avoid contact with others and do not have visitors to your home.

HEALTH SCREENING PROGRAM

- All workers and visitors must undergo a health screening conducted by a member of the management team prior to entry into the facility. See appendix A – Health Screening

PRACTICE GOOD HYGIENE

- Wash hands often with soap and water (20 seconds) or use an alcohol-based (>60%) hand sanitizer
- Maintain your Social Distancing - Make every attempt to keep 2 metres (6 feet) of space between yourself and others
- No physical contact (shaking hands etc.)
- Wear face mask at all times except when you are eating or drinking
- Cough or sneeze into a tissue or into your elbow. Dispose of the tissue in the garbage and wash your hands. Do not cough or sneeze into your hand
- Avoid touching your eyes, nose and mouth

SOCIAL DISTANCING (AT WORK - COMMON AREAS)

- Maintain 2 metres (6 feet) between yourself and others at work
- Lunch room - only 1 employee per tables to eat/sit during lunches and breaks

STAY INFORMED

- Go online at BC Centre for Disease Control (bccdc.ca), Public Health Authority Canada (Canada.ca) or your Provincial Health Authority (www.healthlinkbc.ca)

WHEN TO SEEK HELP

- If you have any symptoms listed on page 1 go to <https://covid19.thrive.health/> to use the BC Government's self assessment tool and obey the instructions. For non-medical information regarding Covid-19 call 1-888-268-4319 or call the Healthlinkbc line @ 811 for instructions.

BEFORE RETURNING TO WORK

- **Travel**
 - Even if you do not have symptoms. If you have returned from travel outside of Canada, or been on a cruise ship, you must not return to work until;
 - You self-isolate for at least 14 days since the last day you were out of Canada or on a cruise ship
 - If you have been on, or had close contact with someone who has been on a domestic or international flight within the last 14 days, you must not return to work until;

- You self-isolate for at least 14 days since the last day you were in close contact with someone who has been on a domestic or international flight or since your domestic or international flight

You must receive written approval prior to returning to work from Torsten Bechtolsheimer or Andrew Elliott.

- **High Risk Contact**

- Even if you do not have symptoms. If you have had close contact (extended visitation or you live with the person) with an individual who has Covid-19, is exhibiting the symptoms, has returned from outside Canada, you must not return to work until;
 - You self-isolate for at least 14 days since your last contact with the high-risk individual and
 - You receive written approval to return to work from Torsten Bechtolsheimer or Andrew Elliott.

- **Self-Isolation** - means at least 14 days avoiding situations where you could infect other people

- Stay home
- Avoid contact with others
- Do not have visitors to your home

Guidelines

- **Social Interaction** - There are key guidelines to keep yourself and others safe.

- **Inside Your Bubble** - Your bubble includes members of your immediate household and can be carefully expanded to include others.
 - Try to limit the number of people in your bubble
 - Every time you add someone to your bubble, you are also connecting with everybody in their bubble
 - Inside your bubble you can hug and kiss and do not need to wear a mask or stay 2 m apart
 - Remember, vigilant hand-washing and space cleaning is still important
 - If you are sick, self-isolate from people in your bubble as much as possible
- **Outside Your Bubble** - *In personal settings when you're seeing friends and family who aren't in your bubble:*
 - Limit social activities to the people you live with. If you live alone, you can continue to spend time with one or two people from a different household. Essential visits can continue
 - Keep 2 m of physical distance from those who are outside your bubble and limit your time together
 - Stay home and away from others if you have cold or flu-like symptoms

- Take extra precautions for those at higher risk for serious illness from COVID-19, including older people and those with chronic health conditions

All Team Members returning from travel outside Canada, or having high risk contact, or showing symptoms are required to self-isolate for 14 days and obtain clearance before returning to work.

Anyone concerned that they have been exposed to, or are experiencing symptoms of COVID-19, should contact their primary care provider or their public health office.

Government of Canada and BC Provincial Health Authority have setup information lines. Below are the contact numbers;

Government of Canada Coronavirus Information line: 1-833-784-4397

BC Centre for Disease Control (Non-medical information) 1-888-268-4319

British Columbia Health Authority: 811

Appendix A – Health Screening

Checkpoints at entry points will be established and access fobs will be deactivated. Entry will only be granted after a successful Health Screening conducted by a member of the management team.

Please do not enter this workplace if you:

- Have travelled outside of Canada within the last 14 days
- Have been identified by Public Health as a close contact of someone with COVID-19
- Have been told to isolate by Public Health
- Are displaying any of the following new or worsening symptoms:

- Fever or chills
- Cough
- Loss of sense of smell or taste
- Difficulty breathing
- Sore throat
- Loss of appetite
- Extreme fatigue or tiredness
- Headache
- Body aches
- Nausea or vomiting
- Diarrhea

If you are displaying symptoms consistent with COVID-19, refer to HealthLink BC at 811.