



Table of Contents

Important information.....	4
Basic hygiene worksite protocol.....	4
Travel-related quarantine	5
Fly in/Fly out – non-local workers	9
Access to the worksite and camp	9
Health of workers and visitors	10
Health status questionnaire.....	10
Return to the worksite	11
Sanitation and hygiene measures	11
Physical distancing	11
Respiratory etiquette	12
Handwashing	13
Vehicles	13
Vehicles for transporting workers	13
Utility vehicles and heavy machinery	14
Lodging	14
Room and dorm maintenance	14
Cleaning and disinfecting.....	15
General recommendations	15
Tools and equipment	15
Office space and electronic devices.....	16
Vehicles, lifting devices and production equipment.....	16
Protective measures for maintenance/cleaning personnel	16
Protective measures for employees who handle food	17
Protective measures for laundry personnel.....	17



Sanitary facilities	18
Handwashing sink	18
Toilets	18
Mealtime	19
Breaks and free time	20
Personal hygiene	20
Showers	20
Laundry	20
Handling (shipping and receiving) of goods and other items at the worksite	20
Personal protective equipment	21
Worker orientation and other meetings	22
Meetings	22
Orientation	22
Community	22
Care and symptoms	23
Symptoms and worker isolation	23
Isolation precautions for workers	23
Stress, anxiety and depression	26
Acknowledgement of document contents	26
References	27

IMPORTANT NOTE: Please note that use of the masculine gender in this document is generic and applies to both men and women.



Important information

Local residents should be hired to perform tasks that require interactions with the community, for example, picking up and delivering groceries and various merchandise to the camp. These persons may never be in contact with quarantined construction workers, nor enter the facilities.

A construction worker who develops symptoms will need to be evaluated and tested. A call must be made to the COVID-19 health line (1 888 662-7482) before the worker goes to the local health clinic.

The public health department will conduct an investigation whenever a worker tests positive for COVID-19; any such workers, moreover, will likely be evacuated to the South, both so they can receive the necessary care and to reduce the risk of transmission within the community.

Persons who have come into contact with a confirmed case of COVID-19 will need to be isolated, a measure that may call for an evacuation. Evacuations for this purpose are the responsibility of the construction company. Isolation is for a minimum of 14 days and conditions for a return to work are the purview of public health officials.

Basic hygiene worksite protocol

Standard public health recommendations with regard to basic hygiene measures must be followed. More specifically:

- Wash your hands frequently, with soap and water and for at least 20 seconds.
- Avoid touching your eyes, nose and mouth (to prevent contamination).
- Use an alcohol-based disinfectant if you do not have access to soap and water.
- Observe hygiene rules when coughing or sneezing: cover your mouth and nose with your arm to reduce the spread of germs and if using a tissue, throw it out as soon as possible then wash your hands.
- If you have symptoms (cough, fever, difficulty breathing, sudden loss of smell or taste), stay at home or confine yourself to a single room.
- Avoid direct contact when greeting others; favour the use of alternative practices.
- Keep a physical distance of 2 metres from all other persons.



Travel-related quarantine

Quarantine: All persons travelling to Nunavik from the South must undergo a 14-day quarantine.

A pre-departure quarantine is an uninterrupted quarantine up until the day of travel, when passengers must leave their home. At this time, they must observe physical distancing measures, avoid public transit (or wear a mask if such transportation is the only way to reach the departure site) and wash their hands regularly. A quarantine of 14 days is necessary, even if COVID-19 tests have been performed prior to departure.

Workers coming to Nunavik should preferably undergo a pre-departure quarantine. When this is not possible, the quarantine period will need to be done in the North. Workers may perform their duties while quarantined, in which case maximum measures are implemented to reduce the risk of transmission (refer to the isolation and distancing measures applicable to essential workers for more details). They must remain in quarantine outside of their work hours. The mandatory quarantine period is 14 days, but it may be split up between quarantine time in the South and in the North.


Pre-travel quarantine requirements:

Stay at home

- Do not go to work, to the store or to any other public place.
- Do not visit anyone or have people visit you.
- Plan ahead (e.g., buy everything you will need prior to your quarantine period) or have someone go shopping for you.
- You can go outside for a walk, but must do so alone or with a member of your household who is in quarantine along with you). Remain at a distance of at least 2 metres from any other persons at all times.

Wash your hands often

- Wash your hands with soap and water, for at least 20 seconds.
- If there is no soap or water available, use a hand sanitizer containing at least 60% alcohol; make sure your hands are free of any visible “dirt”.

- 
- Wash your hands before and after eating, before and after using the toilet, and whenever they appear dirty.

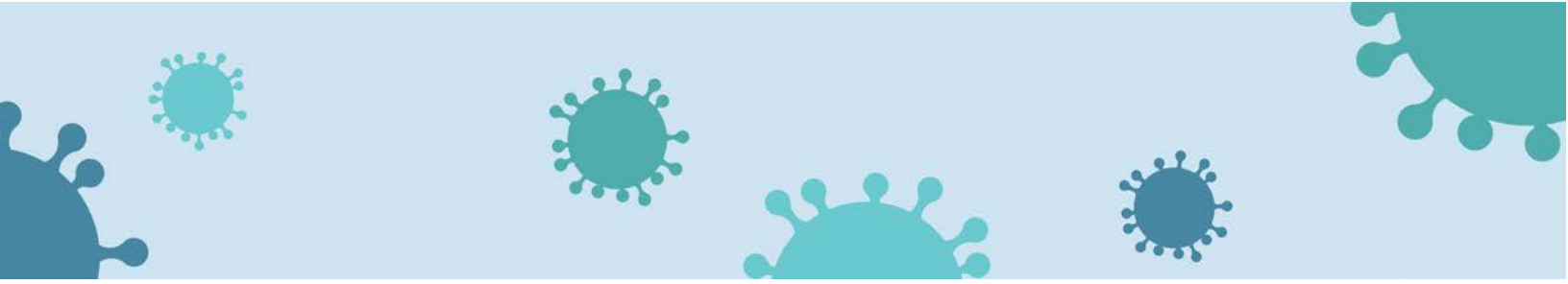
Interactions with family members

- You can choose to quarantine yourself alongside your family or alone. In the former case (where complying with physical distancing requirements may be impossible, particularly if you have small children), everyone in your household must also be in quarantine and comply with the previously mentioned conditions.
- If family members cannot be quarantined alongside you (e.g., if your spouse must leave the house to go to work), you must totally isolate yourself. This entails:
 - Having your own room, in which you must also sleep alone.
 - Avoiding all common areas whenever possible.
 - Wearing a mask or face covering and remaining at a distance of 2 metres from other people when you must be in a room with others.
 - Using a dedicated bathroom (if possible).
 - Eating alone (and not with your family).
 - Not sharing plates, utensils, glasses, mugs, towels, sheets, clothing or any other objects.

Should you or a member of your household become ill (cough, fever [more than 38°C or 100.4°F] or chills, shortness of breath, diminished sense of smell, diarrhea, fatigue, unusual headache, body aches), call info health to schedule a COVID-19 test. Also make sure to notify your employer.

Travel questionnaires: Answering a number of questions is mandatory prior to boarding a ship or plane. Persons with COVID-19 symptoms (new cough, fever or shortness of breath) may be denied boarding at the airport. Persons who travelled abroad or have been in contact with a person suffering from COVID-19 in the past 14 days will be refused entry into Nunavik (they can travel once their quarantine is over). Companies are strongly encouraged to rely on pre-boarding questionnaires designed to evaluate risk for crew members and workers alike.

Tests: testing is available prior to boarding at the Montréal airport. Tests can also be realized at a public screening center or with commercial laboratories accredited by the Laboratoire de santé publique du Québec. A nasopharyngeal sampling will need to be taken fewer than 72 hours before boarding and a negative results will need to be received to start working. All workers will need to be tested 7 days after arrival in the Nunavik communities. Workers are expected to comply with testing measures and procedures. For additional information on the screening procedure: surveillance.vigie.nrbhss@sss.gouv.qc.ca.




Tests are a safety net, but are not perfect. The carrier of a virus could test negative until such time as the virus is present in sufficient numbers. It is thus very important that tests go hand in hand with quarantine measures, to ensure that everyone stays safe.

Tests also have their limits, and can be negative even when someone is infected. They can also generate positive results for a person who has long ago recovered from a COVID-19 infection. In very rare cases, they can also produce false positives.

People who have undergone surgery, had nose or throat issues or contracted COVID-19 in the past 3 months (with evidence to support the case in point), may not require testing. Please refer to the nurse performing the tests if this is of concern to a worker.

 **NOTE:**

- No medical certificate is required for a return to work.
- Workers will have their temperature taken at the airport.

 **IMPORTANT:** Workers must complete the Return to work questionnaire (see Appendix D for a copy of the questionnaire). A false declaration or the falsification of records could result in administrative or disciplinary sanctions, up to exclusion from the worksite for an indefinite period.

Quarantine of new workers and consultants

New workers

When a worker first arrives in a community

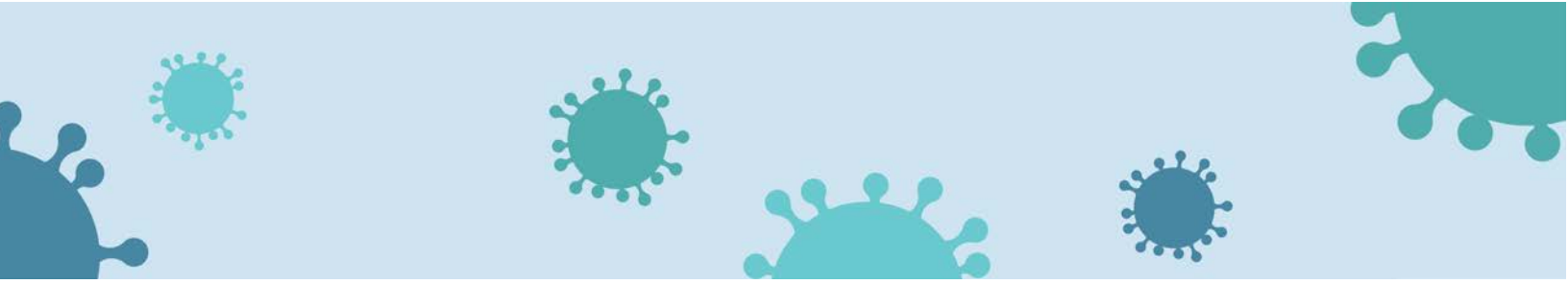
A wing or section of the facility must be reserved for new workers (a category that includes those returning from leave) so that they can be isolated from the workers already at the site for a 14-day quarantine period, and this to avoid possible contamination.

Should a worker become symptomatic, he must keep his mask on and immediately return to his room, where he will be kept isolated while his symptoms are checked and his temperature taken. See the section entitled “Care and symptoms” for further information.

During the 14-day quarantine period, workers must wear a procedural or medical mask and eye protection. They must carry out their work 2 metres away from other workers and avoid sharing tools; if tools must be shared, these must be disinfected between uses.

Hand hygiene and respiratory etiquette measures must be strictly adhered to.

Quarantined workers must have a special shower and bathroom area, at least 2 metres from the



facilities used by other workers. The shower must be disinfected after each use and toilets, twice per shift.

While quarantined, workers must eat in their room. In addition:

- The food tray must be placed in front of the room (e.g., on a clean stool).
- The worker should be notified that his meal has been delivered, so that he can pick up the tray and eat in his room.
- Once the worker has finished his meal:
 - the food tray is left outside the door and picked up by a person wearing a mask, eye protection and gloves;
 - the dishes and food tray are submerged in hot water;
 - the worker having handled the dishes and tray removes his gloves, washes his hands, removes his eye protection and mask and washes his hands once again.

While quarantined, workers may go outdoors for a walk, but they are prohibited from entering any buildings. They must also remain at a distance of 2 metres from anyone they encounter. Outings in the community are not allowed.

At the end of the quarantine period, a worker can be transferred to another unit.

A quarantined worker's room must be disinfected as per the instructions in this document before being assigned to another (new) worker.

AT THE WORKSITE: Members of a same work crew should stay together. Avoid mixing workers from two different crews, as they may be at a different stage of their quarantine.

Inuit/local staff can be hired but must not work alongside individuals who are in quarantine.

Consultants, project managers, inspectors

Consultants, project managers, inspectors and other workers are bound by the same restrictions as new workers arriving in Nunavik. They must notably remain at their hotel and either consume foods they have brought in from the South or have meals delivered from the camp.

At the worksite, these various professionals must wear a procedural or medical mask as well as eye protection, work at a distance of 2 metres from all other workers, refrain from sharing personal items (e.g., pens, etc.) and work equipment that have not been disinfected after use. At their hotel, they must wear a mask in common areas; they can prepare their food in the kitchen



but are expected to eat in their rooms.

All rooms, prior to being assigned to a new worker, should be disinfected according to the instructions in this document.

If a worker or consultant becomes symptomatic:

Persons infected by COVID-19 may have few or no symptoms. Symptoms may appear as late as 14 days after exposure or in some cases, not at all.

Symptoms include:

One of the following: Fever (greater than 38°C or 100.4°F), cough, shortness of breath and the loss of taste or smell

OR

Two of the following: Diarrhea, sore throat, unusual fatigue, headache or body aches (not due to physical work).

Persons presenting with these symptoms they must be isolated and tested for COVID-19 at the CLSC. Workers may also call the info health line at any time if they have questions regarding symptoms or to obtain a referral for testing.

1 888 662-7482

Fly in/Fly out – non-local workers

Non-local workers (usually workers from the South) must adhere to federal, provincial and territorial measures concerning air travel to Nunavik². Passengers travelling by air must wear a mask or face covering, as per Transport Canada guidelines³.

Travellers must also wear long pants and a shirt with sleeves to avoid skin contact.

In-flight conversations are prohibited, as they could facilitate the spread of germs.

Access to the worksite and camp

Access to the worksite and camp is now more closely monitored; it is notably recommended to:

- Ensure a certain time between the arrival and departure of workers;
- Evaluate the health of workers and visitors entering the site and camp by means of a daily questionnaire (see Appendix A - Staff/visitor questionnaire).
- The questionnaire is designed to:

- verify that neither workers nor visitors have symptoms of COVID-19, as per the recommendations of the public health authorities;
- assist with any investigations regarding various contacts, if and as necessary;
- Maintain a list of telephone numbers for all workers who enter the site.

A number of tools, outlined below, are available to help enforce hygiene measures at the worksite:

- Clear signage, posted at all points of entry to the worksite and camp;
- Set up a of compulsory entry questionnaire (log);
- Physical distancing measures (minimum of 2 metres);
- Mandatory handwashing when entering or leaving the site and requirement that boots be left at the entrance and coats in the room;
- Access strictly limited to site workers (Appendix B - Authorized personnel poster).



IMPORTANT: A worker presenting symptoms related to COVID-19 must inform the site manager, supervisor, project manager, director and Northern Village authorities immediately and initiate the isolation protocol (Appendix C - Instructions for persons with symptoms of COVID-19 awaiting a test or screening test results).

Health of workers and visitors

Health status questionnaire

The employer must check the health condition of all workers and visitors by asking the following questions:

- Do you have any of the following symptoms: cough, fever, difficulty breathing, and sudden loss of smell or taste?
- Did you recently travel outside of the country for a period of less than 2 weeks?
- Did you or has anyone you were in contact with tested positive for COVID-19?

Note that taking the temperature of workers is not recommended, since that results have been found to be unreliable, especially for persons assigned to outdoor activities.

A worker or visitor who answers "Yes" to any of the above questions must stay indoors (at their camp or hotel) and initiate the isolation protocol (Appendix C).

Return to the worksite

Workers isolated due to COVID-19 must meet all of the following criteria before being allowed to return to work:

- At least 14 days, since the onset of symptoms, must have elapsed before the date of return to the worksite (i.e., if symptoms presented on June 1st, the worker was required to self-isolate for 14 days and not return to work before June 15th);
- Absence of acute symptoms for 24 hours (excluding a residual cough, which may persist);
- Absence of fever for 48 hours, without antipyretics (medication to lower a fever).

It should be noted that no medical certificate is required for a return to work.

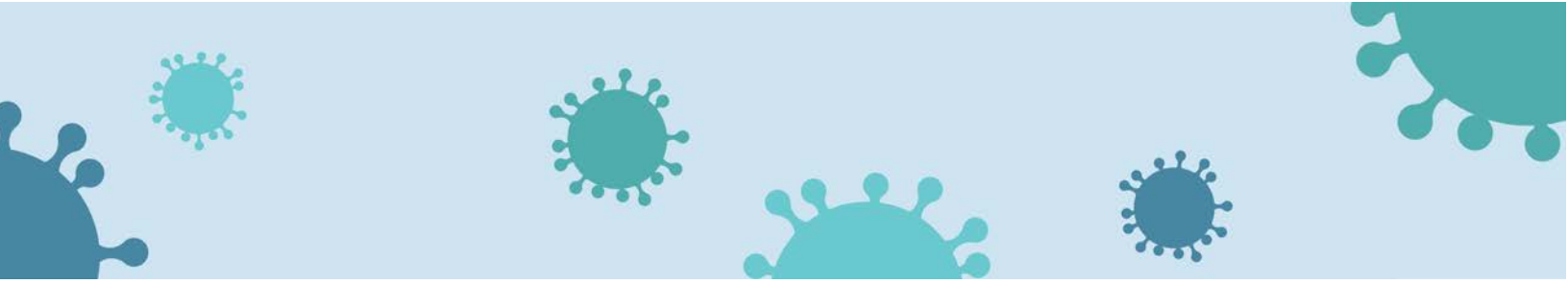


IMPORTANT: Workers must complete the Return to work questionnaire (Appendix D – Return to work questionnaire). A false declaration or the falsification of records could result in administrative or disciplinary sanctions, up to exclusion from the worksite for an indefinite period.

Sanitation and hygiene measures

Physical distancing

- The employer must put in place a work plan to respect, whenever possible, a social distance of 2 metres between workers.
- Depending on the work to be performed, there may be times when respecting social distancing requirements proves impossible for short periods (less than 15 minutes).
- Workers should avoid touching their face whenever possible. When coughing, do so in the crook of the elbow.
- Every effort must be made to:
 - Favour small stable teams to avoid multiple interactions;
 - Remain at the same workstation whenever possible;
 - Avoid sharing tools, equipment and other personal objects;
 - Clean tools and equipment after every shift, using the regular maintenance products;
 - Refer to the section on personal protective equipment (PPE) for guidelines.

- 
- If physical distancing ***without a physical barrier*** cannot be respected for more than 15 minutes, measures to protect the workers will need to be taken:
 - wearing of a procedural mask (surgical) and protective glasses (eye protection) or a visor, in addition to the gloves usually worn.

Note: This measure is only recommended if the wearing of glasses or a visor does not represent a risk for worker safety (i.e., light deflection).

- Overtime work should be scheduled to avoid a large number of workers finding themselves in a same place, which could cause difficulties in terms of social distancing.
- Whenever a team of workers is formed, the same workers should remain in the team and the pairing of workers be kept intact whenever possible.
- Physical barriers should be installed where possible (i.e. ,glass, plexiglass).
- In the presence of contaminants (silica, asbestos, lead, beryllium, aerosol, organic vapour) or if required by the applicable safety data sheet, workers must wear personal protective equipment (PPE). Example: respiratory protection according to the level of risk, gloves suitable for the task and safety glasses.
- Workers who find themselves in close quarters must avoid skin-to-skin contact and should such contact occur, will need to wash or disinfect the affected area as soon as possible.
- The frequency and duration of physical (in person) meetings must be limited to the greatest possible extent; moreover, no more than 10 people should be present in a same space, thereby making it easier to comply with physical distancing guidelines, i.e., 2 metres between individuals. Alternative methods such as videoconferencing, pre-recorded telephone messages or videos, etc., should be favoured whenever possible.
- All large gatherings should be prohibited.
- Only essential outings and trips should be allowed.

Respiratory etiquette

- Observe hygiene rules when coughing or sneezing, by notably covering your mouth and nose with your arm to reduce the spread of germs.
- Throw used tissues directly into a trash can or basket, then wash your hands.
- Avoid all direct contact when greeting others; favour the use of alternative practices.
-



Handwashing

All workers are required to:

- Wash their hands frequently, with warm water and soap and for at least 20 seconds:
 - Should soap and water not be available, an alcohol-based gel (60% or more) should be used on the hands for at least 20 seconds. Dirty hands should be wiped clean, then sanitized with an alcohol-based gel.
- Avoid touching their eyes, nose or mouth with their hands (which could be contaminated).

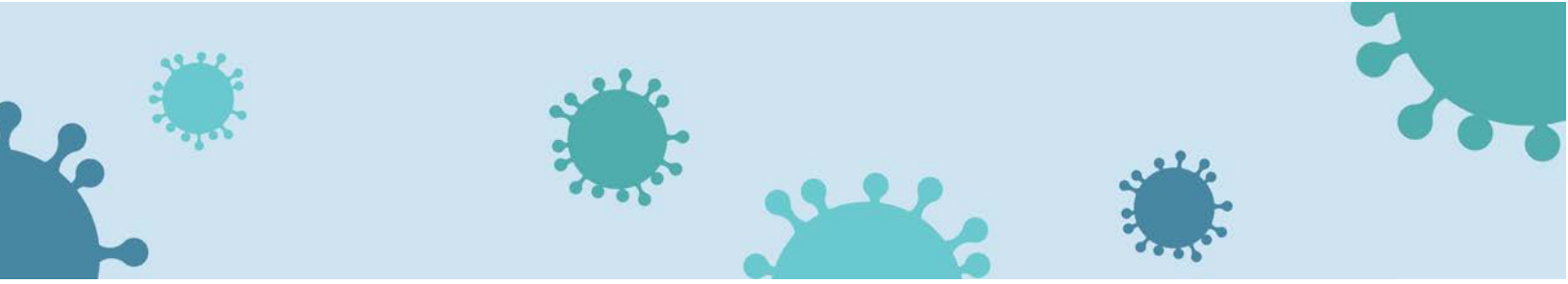
All worksite personnel must wash their hands, and more specifically:

- Upon arriving at and leaving the worksite;
- Before and after eating;
- Before and after breaks;
- Before and after smoking;
- After going to the bathroom.

Vehicles

Vehicles for transporting workers

- Make every effort to have the same workers travel in the same vehicles and sit in the same seat:
 - Transport time between the camp and the worksite is less than 15 minutes;
 - If the distance of 2 metres cannot be respected, workers will need to wear personal protection; it is specifically recommended that they wear a procedural mask (surgical) and protective glasses (eye protection) or a visor in addition to the gloves usually worn.
- Split up workers between the available vehicles to promote safe distancing measures.
- Enforce the rules prohibiting food aboard transport vehicles.
- Clean and disinfect transport vehicles after each trip. Clean all surfaces likely to have been touched (dashboard, steering wheel, levers, shifter, inner and outer door handles, rearview mirror) with pre-soaked wipes or the cleaning products habitually used. This is particularly



important in connection with a rotation of operators and other personnel. Disinfectant wipes must be kept aboard every vehicle.

Utility vehicles and heavy machinery

- Ensure that the same teams make use of the same vehicles or machinery; this will avoid the multiplication of interactions.
- Whenever feasible, have the same employees hold a given position (driver [operator] or co-pilot [assistant]) for an entire shift.
- Encourage employees to avoid sharing materials and equipment (tablets, pencils, communications devices such as microphones, megaphones, etc.).
- Promote the use of disinfectant wipes to clean various items.


Lodging

Respect the physical distancing rule of 2 metres in all instances and at all times, and make sure that bunking is assigned on the basis of one worker per room (i.e., no sharing of rooms).

Room and dorm maintenance

- Encourage workers to keep their personal space clean as much as possible.
- When cleaning is the responsibility of housekeeping personnel, ensure that they wear appropriate PPE (including gloves, a procedure mask, goggles or a visor) and that their tasks are performed when rooms are empty. Should a user be in his room, maintenance personnel should make sure to stay at a distance of 2 metres.
- Rooms should be cleaned with the products habitually used, and special attention paid to high-traffic areas.
- A thorough cleaning and disinfection⁴ (according to the manufacturer's instructions regarding contact times) of the bathroom should be carried out after the general cleaning (if applicable).

If a worker has symptoms of COVID-19 (fever, cough, difficulty breathing, sudden loss of smell or taste), the room should not be cleaned. Instead, the worker in question should be given the equipment (procedure mask, in this case) needed to do so. **After the worker has cleaned and left the room:**

- 
- Close all entry points to the room and wait **as long as possible (a minimum of three hours and up to 24 hours if possible)** before cleaning and disinfecting the area. Facilitate air circulation by opening any exterior windows.
 - The cleaning agents and disinfectants generally employed can be used to clean rooms in such cases. Manufacturer specifications should be scrupulously adhered to.
 - For porous surfaces, such as carpets and curtains, all visible contaminants should be removed, and the surfaces then cleaned with appropriate products. Any washable articles should then be washed according to the manufacturer's instructions and with the warmest water setting acceptable for said items. They should thereafter be thoroughly dried.
 - Tissues and disposable items used by the infected worker must be stowed in a closed bag, then placed in the container generally used for regular garbage collection.

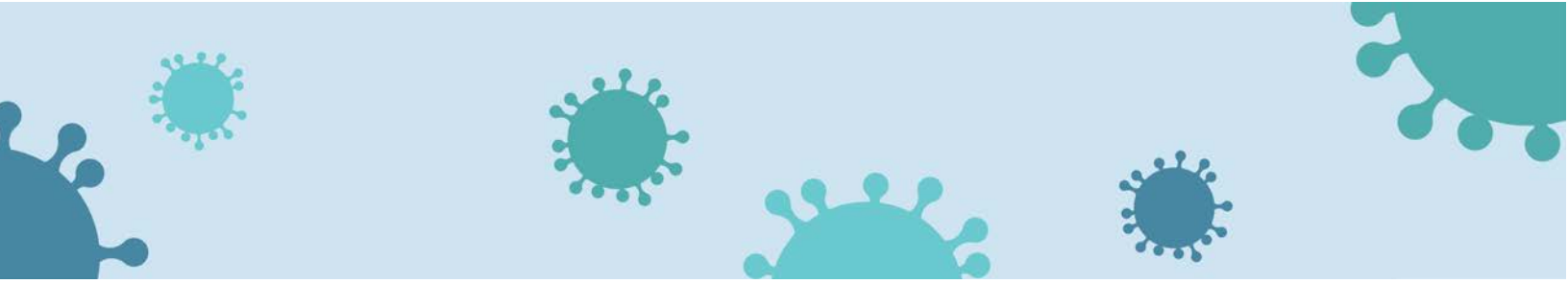
Cleaning and disinfecting

General recommendations

- Wash rest areas, work trailers and common areas regularly with an appropriate cleaning product (usually a disinfectant⁴), making sure to follow the manufacturer's instructions for contact times.
- Clean frequently touched surfaces (light switches, doors, bathroom articles such as faucets, handrails, etc.).
- Clean sanitary facilities and changing rooms on a regular basis (door handles, counters, faucets, boxes) and disinfect them at least once every shift.
- Clean the dining areas (refrigerators, microwaves, tables, counters, faucets) and disinfect after each meal.
- Remove objects that are easy to share but not easily cleaned (newspapers, magazines, etc.).
- Ensure adequate ventilation to reduce the spread of infectious agents.

Tools and equipment

- Make sure workers do not share tools. If doing so is unavoidable, the tools will need to be disinfected between each handover, the workers will need to thoroughly wash their hands, etc.

- 
- At the end of each shift, shared work tools and equipment will need to be cleaned and disinfected, after which workers must wash their hands.
 - The wearing of gloves will not protect workers from COVID 19.

According to public health authorities, the virus cannot be transmitted through the skin. The application of universal hygiene measures is therefore recommended; this includes not touching your face (with your hands or gloves) and regularly washing your hands.

Office space and electronic devices


- Regularly clean the office and worktables in the construction trailer or at the worksite with an appropriate cleaning product (disinfectant).
- Wash all of the tool chests and accessories at the site on a regular basis.
- Clean electronic devices with an appropriate product (disinfectant), following the manufacturer's instructions, and avoid sharing them whenever possible.

Vehicles, lifting devices and production equipment

- Clean all surfaces likely to have been touched (dashboard, steering wheel, levers, shifter, inner and outer door handles, rearview mirror) with pre-soaked wipes or the cleaning products habitually used. This is particularly important in connection with a rotation of operators and other personnel.
- Disinfectant wipes must be kept aboard every vehicle.

Protective measures for maintenance/cleaning personnel

- Maintenance personnel must follow the same protective measures for every room or dorm, regardless of whether or not the occupant might have been infected with COVID-19.
- Make sure workers do not share tools. If doing so is unavoidable, the tools will need to be disinfected between each handover, the workers will need to thoroughly wash their hands, etc.
- At the end of each shift, shared work tools and equipment will need to be cleaned and disinfected, after which workers must wash their hands.
- Wash hands and forearms with soap and water once gloves have been removed.

- 
- Workers must avoid touching their face with their gloved hands.
 - Once the cleaning process is completed, gloves should, if reusable, be thoroughly washed with water and normal laundry soap, then dried. Single-use gloves should be discarded and replaced with a new pair if necessary.
 - Hands must be washed before putting on and after removing gloves.

Protective measures for employees who handle food

- While COVID-19 does not appear to be transmitted through the ingestion or handling of food, frequent handwashing and compliance with good hygiene and food safety practices are essential.
- Employees who regularly handle food should avoid contact with anyone showing symptoms of respiratory illnesses such as coughing and sneezing.
- Dishes and utensils used by workers must be washed with water and dishwashing detergent. They can also be cleaned in the dishwasher.

Protective measures for laundry personnel

Should a worker present with symptoms indicative of COVID-19:

- Ensure the worker's clothes are dry, then place all soiled fabric items (i.e., sheets, towels, clothing) potentially harboring biological fluids (oral or respiratory secretions, stool) in two waterproof bags (one bag in the other, i.e., "double-bagging"); this process specifically addresses the virus' long life in humid conditions.
- Avoid shaking out clothing items or the container itself when placing laundry in the washer.
- Wear long clothes, gloves and a procedure mask. Make sure potentially contaminated clothing does not come into contact with any other clothes or skin.
- Sheets from the beds of various workers can be washed together, in hot water and using the usual laundry detergent.
- Discard the plastic bags in the garbage.
- Remove the gloves worn and proceed with hand hygiene measures.
- Put on a new pair of gloves and disinfect any exterior surface areas of the washer that may have come in contact with the contaminated clothes.
- Remove the gloves worn and proceed with hand hygiene measures.

Sanitary facilities

Handwashing sink

The employer must ensure the availability of handwashing facilities at the worksite to allow workers to wash their hands. Moreover, promoting handwashing with soap and water for at least 20 seconds should be a priority. The use of mobile cleaning units (homemade or rented) is suggested (see attached photo).



Workers must have access to the following products:

- Soap or other cleaning substances;
- A hand dryer, disposable hand towels or paper towels;
- Baskets for disposing of the papers used to dry their hands (these should be contactless if possible, particularly if paper towels are used).

If applicable, a sign must be posted in an area visible to workers indicating that the water is not safe for drinking (as per section 3.2.8.1 of the Safety Code for the Construction Industry).

Toilets

Workers will usually need to go to the camp to make use of the toilets. Requirements:

- Toilets must be cleaned twice every shift, once mid-shift (before meals) and again at the end of the shift.
- All surfaces likely to be touched by workers must be cleaned.
- The handles, toilet seat and sink must all be cleaned on a regular basis.
- A poster of the type "Wash your hands - 20 seconds" must be hung up to remind workers of the importance of handwashing.



Mealtime

Any employer who has a minimum of 10 employees working for a period of more than 7 days must provide them with a room for their meals, according to the Safety Code for the Construction Industry (section 3.2.9). The employer must:

- Maintain physical distancing (minimum of 2 metres) between workers at mealtime.
- Ensure that everyone washes their hands before and after every meal.
- Prevent workers from sharing food.
- Make sure workers do not exchange cups, glasses, plates or utensils.
- Have employees line up for meal service while respecting social distancing of 2 metres.
- Have meals served by workers located behind a plexiglass or polythene barrier.
- Have dishes washed in hot water with soap.
- Have the workers eat in rooms large enough so that there is a distance of more than 2 metres between each of them. Arrange for additional dining facilities if necessary.
- If there is not enough room, modify meal period schedules to have a limited number of workers in the dining room at all times and maintain the required distancing.
- Have workers who are in the same group eat together at the same time, in the same room, day after day.
- If workers eat outdoors, ensure that the minimum distance of two metres between workers is respected.

Adequate space must be left between work clothes on hooks at the camp. In addition, no tools, equipment or materials may be stored in the dining room.

- Common areas, equipment, accessories, tables, microwave ovens, water fountains and coffee machines must be cleaned with a disinfectant.
- Dining room tables must be cleaned prior to each meal; these must, moreover, have an easily washable surface (plastic or other smooth material).
- Workers must stay separated by a distance of at least 2 metres.
- Access to meeting spaces and rooms must be limited, and the capacity of each one should be indicated at the entrance.
- Boots must be left at a room's entrance and coats in the rooms themselves.



Breaks and free time

- Ensure that physical distancing measures are applied during breaks and free time at the camp and elsewhere (i.e., avoid gatherings). If necessary, modify the break schedule so they are staggered.
- Prohibit the sharing of objects or food (e.g., cigarettes, coffee, etc.).
- Make sure everyone washes their hands before and after a break.

Personal hygiene

Showers


- Restrict the use of showers to a limited number of workers at any given time:
 - Organize a schedule for showering.
 - Prohibit the sharing of objects (e.g., shampoo).

Laundry

- Limit the number of workers who can make use of washers and dryers at the same time:
 - Organize a schedule for the use of washers and dryers.
 - Prohibit the sharing of objects (e.g., detergent).
 - Clean work clothes and gloves daily, or as often as possible, according to usual procedures and ensuring they are properly dried. Identify work clothes and gloves by “owner”. Prohibit the sharing of items unless they have been washed. Consider acquiring additional spare equipment to increase the frequency of washing.

Handling (shipping and receiving) of goods and other items at the worksite

- For activities such as grocery runs and the operation of heavy equipment and construction lifts, the same workers should always be assigned to the same vehicles and in the same places whenever possible.
- All vehicles should be cleaned after each use.

- 
- Make as few changes as possible to the teams who are in touch with parties and individuals from outside of the company.
 - Place goods on a clean surface, making sure to respect the distance of 2 metres between people.
 - Ideally, tasks should be organized so that goods can be deposited at the entrance (this would avoid useless back and forth movement of workers).
 - Local residents should be hired for tasks that require interacting with the community, for example, picking up and delivering groceries and cargo to the camp. The individuals assigned to these duties must never be in direct contact with the construction workers that are in quarantine and may not enter the facilities.

Personal protective equipment

We do not recommend that workers wear specific personal protective equipment (PPE) (gloves, mask, coveralls) to protect themselves from COVID-19. We feel, rather, that the most effective measures consist of practicing physical distancing, making sure to not touch your face and washing your hands on a regular basis.

- Gloves are mandatory for those tasks that require them (i.e., tasks where there is a risk of workers cutting themselves, tasks involving equipment or products with sharp edges, abrasive/rough surfaces or corrosive, toxic or other hazardous substances).
- Helmets and safety glasses must be cleaned frequently. Before removing any PPE, wash your hands with soap and water for at least 20 seconds. Then, disinfect the PPE and wash your hands once more.
- When using respiratory protection, ask the equipment supplier for information on the best disinfection method. Avoid lending this equipment.
- Replace damaged gloves with new ones. Wash used gloves along with your work clothes to prevent them from acting as a transmission source.
- Procedure for the proper removal of PPE: Begin by removing your gloves, then wash your hands with soap and water or an alcohol-based solution⁵. Remove the eye protection, wash your hands again. Follow this up by removing your mask (hold it by the elastic bands without touching the front), then wash your hands one last time.



Worker orientation and other meetings

Meetings

It is recommended that you opt for phone or Web meetings rather than physical (in person) meetings. Meetings, receptions, safety breaks and committee get-togethers should last no longer than 15 minutes and comply with the following conditions:

- Compulsory physical distancing of 2 metres;
- Absence of participants with symptoms of COVID-19;
- No sharing of equipment (plans, pencils, telephones, etc.);
- Due consideration given to meetings via teleconference, Skype, Teams, FaceTime or other virtual means;
- Place chairs and tables so that no participants will directly face one another;
- Postpone all non-essential meetings;
- Limit the number of workers who congregate in smoking areas;
- Encourage participants to hold meetings outdoors.


Orientation

Various topics are discussed during the worker orientation meeting, including:

- Hand washing;
- Social and physical distancing;
- Proper use of PPE;
- Washing of personal protective equipment;
- The proper removal of PPE6 (English instructions to follow);
- Emergency measures.

Community

- Workers will not have access to local facilities (shops, airport cargo warehouses, etc.). Rather, necessary items will be ordered and picked up by a designated local resident who will deliver them to the camp, all without being in contact with the staff or entering the facilities.

- 
- Workers cannot, under any pretext, be in contact with community members and will as such have no access to public places (shops, beach, gymnasiums, etc.).
 - Outdoor activities such as walking, running or participating in various sports support optimal mental and physical health. Workers who are quarantined and wish to go outdoors will need to do so alone and make sure to stay at a distance of 2 metres from anyone they meet. They should make every effort to stay away from the community itself. Once their quarantine is over, workers can walk with colleagues whose quarantine period has also ended.
 - We ask workers to consult their supervisor for details on the applicable local policies. Supervisors, in turn, may wish to ask local authorities (Northern Villages) for details regarding where workers can go should they need some fresh air. COVID-free communities are being very cautious at this time, and we implore you to respect the boundaries proposed by community leaders before you venture out and about.

Care and symptoms

Symptoms and worker isolation

- Advise workers not to report to work if they have symptoms indicative of COVID-19:
 - **One of the following: Fever (greater than 38°C or 100.4°F), cough, shortness of breath and a loss of taste or smell**
- OR
- **Two of the following: Diarrhea, sore throat, unusual fatigue, headache or body aches (not due to physical work).**

Isolation precautions for workers

A worker who displays any of the clinical symptoms identified as possibly indicative of COVID-19 by public health authorities should immediately be given a mask and sequestered in his room or a designated area.

- The COVID-19 info health line (1 888 662-7482) can be contacted for recommendations.

If a test is deemed necessary, the worker will need to stay isolated until the results are available.

Interactions with the worker should be kept to a minimum, and the following procedures implemented:



All communications should be carried out by phone or radio (walkie-talkie).

Any worker interacting with the potentially infected worker should wear a mask, goggles or a face shield, and gloves.

Any PPE worn during such an interaction should be discarded or cleaned immediately thereafter.

All food must be delivered to the worker's door (door to the room or area where the worker has been isolated):

- Food tray should be placed on the floor (or on a stool) in front of the door, so the isolated worker can retrieve it; the latter will need to place it in the same spot once he is done with his meal.
- The worker assigned to pick up the tray must wear gloves.
- The isolated worker must be queried as to his condition on a regular basis, but without any direct contact.

Workers must immediately report the onset of any symptoms to their supervisor.

Disposable dishes and utensils must be used when available. They must be disposed of in a sealed bag after use. If regular dishes and utensils are used, they must be cleaned immediately. Workers must be careful to NOT wash these by hand.

Implement workplace procedures based on degree of severity:

- **LOW** severity (worker begins to experience symptoms): Infection prevention and control (IPC) measures for suspected COVID-19 cases are as follows:
 - The symptomatic worker must remain isolated at home (local) or in his room (non-local) in the North while waiting to receive the results of his assessment from the regional call centre or screening centre.
 - The symptomatic worker is provided a copy of the “**Instructions for persons with symptoms of COVID-19 awaiting a test or screening test results⁷**” (refer to Appendix C – Instructions for persons with symptoms of COVID-19 awaiting a test or screening test results).
 - The worker must avoid contacts with other people.
 - The worker must respect hand hygiene and respiratory etiquette (i.e., wear a

mask and disinfect his hands with an alcohol-based solution).

- If the worker has not been in contact with a confirmed case of COVID-19, recommend that he isolate himself for a period of 24 hours after the symptoms have disappeared.
- If the worker has been in contact with a confirmed case of COVID-19, he must follow the “**Instructions for persons with symptoms of COVID-19⁸**” and inform his family and other persons he has been in contact with so that they may monitor their symptoms for the next 14 days.
 - The worker will be placed in quarantine in the North, either in his home (local) or room or another area (non-local) for 14 days, during which time his symptoms will be monitored;
 - The worker will need to take and record his temperature twice a day, then provide this data to the foreman;
 - If the worker is a non-local, meals will be delivered to his room and dishes picked up from his room.
- Once a worker’s quarantine period is over, he must nonetheless continue complying with the social and physical distancing rules applicable in the community where he works; these rules will generally concern frequenting public places (coop, etc.), curfews and gatherings. The foreman will usually be in contact with the Northern Village to stay abreast of the rules that must be enforced.
- **MODERATE or HIGH** severity (the worker is sick enough to require medical attention): The worker will be outfitted with PPE, then brought to the hospital or CLSC; the person transporting the worker should wear PPE as well. The hospital or CLSC should be informed prior to the worker’s arrival. Depending on the doctor’s medical diagnosis and directives:
 - The worker will be returned to camp, where he will be placed under quarantine for a minimum of 14 days (see above); OR
 - The worker will be hospitalized and his condition taken in charge by the hospital and physician.



IMPORTANT: The foremen must, during every Toolbox meeting, inform and remind workers that anyone who exhibits symptoms suggestive of COVID-19 while in the North will be obligatorily quarantined on site, either in his home (locals) or in his room or another area (non-locals).



Stress, anxiety and depression

The current COVID-19 pandemic is a special and unusual reality. Fear, stress, anxiety and depression are all normal reactions. We recommend that workers stay informed, take care of themselves and seek help if necessary.

Here are some useful telephone numbers for obtaining help or support:

- Health in Construction Program: 1 800 807-2433
- Suicide Prevention Center: 1 866 277-3553

NOTE: Current laws, regulations and standards shall remain in force despite the COVID-19 pandemic.

The CNESST could take dissuasive or punitive action in the event of non-compliance with the preventive measures implemented at construction sites.

Acknowledgement of document contents

I, _____, hereby certify that I have fully read and understand the present PROTOCOL – **((Contractor’s name))** RETURN TO WORK AT NUNAVIK CONSTRUCTION SITES (COVID-19) documentation. I also understand that as a worker at a construction site, I am required to comply with all of the rules and regulations set forth in the present document. I understand that a failure to comply with the measures stipulated above may cause harm to the health and safety of my co-workers, the local residents and myself. Non-compliance with any of the rules and regulations set forth, moreover, shall be cause for immediate termination without warning.

Employee / Subcontractor / Visitor

Employer’s representative

Signature

Signature

Date:

Date:



References

- 1 <https://www.inspq.qc.ca/sites/default/files/covid/2950-workers-contruction-site-covid19.pdf>
- 2 <https://www.inspq.qc.ca/sites/default/files/covid/2928-fifo-dido-covid19.pdf>
- 3 <https://www.tc.gc.ca/en/initiatives/covid-19-measures-updates-guidance-tc/covid-19-guidance-posters-air-travellers.html#poster-on-face>
- 4 <https://www.canada.ca/en/health-canada/services/drugs-health-products/disinfectants/covid-19/list.html>
- 5 <https://www.inspq.qc.ca/sites/default/files/covid/2950-workers-contruction-site-covid19.pdf>
- 6 <https://publications.msss.gouv.qc.ca/msss/fichiers/2020/20-210-41W.pdf>
- 7 <https://publications.msss.gouv.qc.ca/msss/en/document-002496/>
- 8 https://cdn-contenu.quebec.ca/cdn-contenu/sante/documents/Problemes_de_sante/covid-19/20-210-53WA-consignes-personne-symptomes-anglais.pdf?1587583945

APPENDIX A - Staff/visitor questionnaire

Preventive work site measures – COVID-19

Daily questionnaire

Company name: _____

Employee name: _____

Employee signature: _____ Telephone: _____

Name of an emergency contact person: _____ Telephone: _____

Please answer the following questions every day to help us determine whether it is safe for you to be at work.

1. Do you currently have any of the following symptoms?

Fever (over 38° C)	Yes	No	Loss of smell	Yes	No
Cough	Yes	No	Extreme fatigue	Yes	No
Difficulty breathing	Yes	No			

2. Have you been in contact with a person infected by COVID-19?

Yes No

3. Have you travelled outside of Canada in 2020?

Yes On what date did you return to Canada?
No

I agree to take the necessary measures to ensure my own health and safety as well as that of my colleagues. I also agree to comply with the guidelines issued by the CNESST with regard to construction job sites (*COVID-19 – Chantiers de construction*).

Name in block letters

Signature _____ Date _____

Note: If an employee answers Yes to even one of the above questions, he must, to ensure his own health and safety and that of his colleagues, return home and call 1 877 644-4545 for instructions on what to do next.

Employers are required to take the necessary measures to ensure the confidentiality of the private information provided by employees when answering the above questions.

Mesures préventives chantiers – COVID-19

Questionnaire d'accueil journalier

Nom de l'entreprise :

Nom du travailleur :

Signature du travailleur :

Téléphone :

Nom d'une personne-ressource en cas d'urgence :

Téléphone :

SVP répondre à ce questionnaire quotidiennement afin d'évaluer que votre présence est sécuritaire

1. Avez-vous actuellement les symptômes suivants?

Fièvre (plus de 38 °C) Oui Non

Perte de l'odorat Oui Non

Toux Oui Non

Fatigue extrême Oui Non

Difficultés respiratoires Oui Non

2. Avez-vous été en contact avec une personne atteinte par la COVID-19?

Oui Non

3. Avez-vous voyagé à l'extérieur du Canada en 2020

Oui Quelle était la date de votre retour? _____

Non

Je m'engage à prendre les mesures nécessaires pour protéger ma santé, ma sécurité et celles de mes collègues de travail. De plus, je m'engage à respecter les lignes directrices émises dans la CNESST-COVID-19 – Chantiers de construction.

NOM EN LETTRES MOULÉES

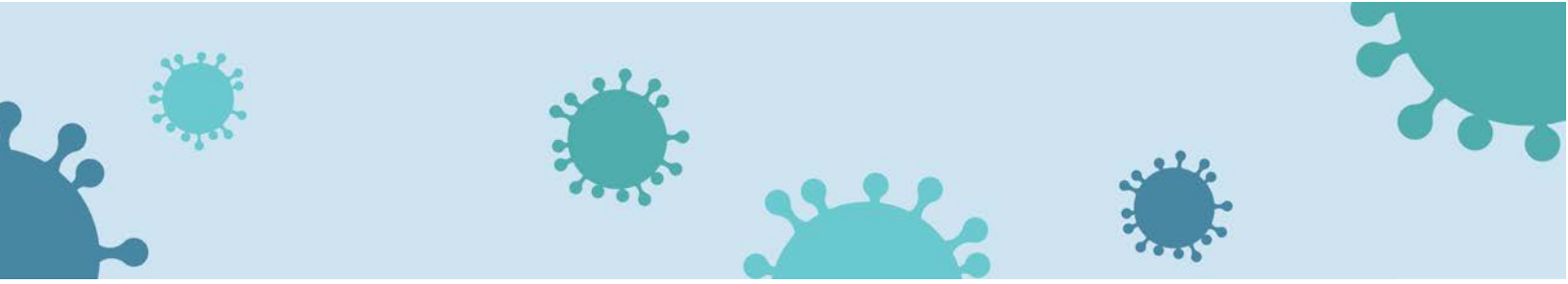
Signature :

Date :

Note à l'employeur :

Pour sa propre santé et la sécurité de ses collègues de travail, si le travailleur a répondu oui à l'une des questions, le travailleur doit retourner à la maison et composer le 1 877 644-4545 pour obtenir la marche à suivre.

Les réponses à ces questions sont des renseignements de nature confidentielle et l'employeur doit prendre les mesures nécessaires pour s'assurer de la protection de la confidentialité de ces renseignements.



APPENDIX B - Authorized personnel poster



**EN RAISON DES MESURES
DE SANTÉ ET SÉCURITÉ,
PERSONNEL AUTORISÉ SEULEMENT**



**ASSOCIATION
DE LA CONSTRUCTION
DU QUÉBEC**



APPENDIX C – INSTRUCTIONS FOR PERSONS WITH SYMPTOMS OF COVID-19 SYMPTOMS AWAITING A TEST OR SCREENING TEST RESULTS

Cover Your Nose and Mouth

If possible, wear a [face covering](#) or cover your nose and mouth with a piece of cloth or handkerchief in the following circumstances:

- Whenever someone is in the same room as you and less than 2 metres away
- Whenever you go out for medical reasons

To learn how to make and use your own face covering, look at the [Wearing a face covering in public settings in the context of the COVID 19 pandemic](#) page.



Cover Your Nose and Mouth When Coughing or Sneezing

- Use a paper facial tissue when you cough, sneeze or blow your nose.
- Throw the tissue away in a trash can as soon as possible then wash your hands thoroughly.
- If no paper tissues are available, cough or sneeze into the crook of your elbow.



Wash Your Hands Often

- Wash your hands often with soap and warm water for at least 20 seconds.
- Use an alcohol-based hand sanitizer if soap is not available.
- Also wash your hands when they are visibly dirty and before eating and after using the toilet.
- Close the toilet bowl lid before flushing and be sure to wash your hands.



Do Not Share Personal Items

- Do not share dishes, utensils, glasses, towels, sheets and/or clothes with anyone else.


Do You Have a Pet?

- Avoid contact with pets.
- Pets are not at risk for COVID-19, but their fur and skin can carry the virus.
- Ideally, isolate your pet in a separate room or in its cage.
- If you have to take care of your pet, wash your hands before and after touching it.
- If possible, keep your pet in the house. If it needs to go outside, keep it in a fenced-in private space.
- If your pet is a dog, ask a friend to walk it on a leash while staying two metres away from people.
- Anyone else that takes care of your pet should keep physical contact with it to a minimum and wash their hands before and after touching.

Watch for Symptoms and Take Your Temperature Every Day

- Take your temperature every day at the same time of day and note it down.
- If you are taking fever medicine, wait at least 4 hours before taking your temperature.

These steps will prove useful if you need to see a health professional.



Home Care

See the [Self-Care Guide](#).

- If you are worried about your health, call the 1-877-644-4545 hotline to be directed to the right resource.
- Do not go to a clinic or hospital without first telephoning to inform them that you are waiting for a COVID-19 screening test or test result.
- If you have severe symptoms such as difficulty breathing, major shortness of breath or chest pain, call 911 before going to the emergency room and tell the agent that you are waiting for a COVID-19 screening test or test result.

If You Need Help With Your Daily Tasks Like Eating, Going to the Toilet and Getting Around the House

Ideally, your helper will always be the same person, who should be less than 70 years of age, in good health and with no chronic illness such as heart or respiratory disease or diabetes or in treatment for cancer.

Before any person helps you, they must:

- Wash their hands.
- Wear a face covering or cover their nose and mouth with a piece of cloth.
- Wear disposable gloves.

After helping you, they must:

- Remove their gloves and dispose of them in a closed container out of reach of children,
- Wash their hands.
- Remove the face covering or piece of cloth.
- Place the face covering or piece of cloth in a closed bag and keep it out of the reach of children until it can be washed normally.
- Wash their hands again.


Laundry and Housecleaning

The sick person's sheets, towels, clothing and face coverings and cloths used to cover the nose and mouth can usually be washed with other household laundry. However, they should be washed separately if soiled with vomit, etc.

- Wash with hot water.
- Wear disposable gloves to avoid direct contact between your skin and clothes and the sick person's clothing, sheets and towels.
- Do not shake out dirty laundry before washing.

The sick person's utensils and dishes can be washed with your usual liquid detergent or in the dishwasher.

The sick person's trash can be bagged and thrown out with the other household trash. Firmly close the lid of the garbage pail or close the bag tightly.



COVID-19 and Home Self-Isolation

What is COVID-19?

COVID-19 is a respiratory disease caused by the novel coronavirus.

What are its symptoms?

The principal symptoms are fever, the onset or worsening of cough, difficulty breathing and/or sudden loss of smell without nasal congestion, with or without loss of taste. Other symptoms may also appear, such as a sore throat, headache, sore muscles, intense fatigue, major loss of appetite and diarrhea.

How does COVID-19 spread?

The disease is transmitted from one person to another by contact with droplets sprayed in the air when a sick person talks, coughs or sneezes. Transmission from touching contaminated surfaces or objects, while possible, is not the main transmission mode. The virus can also be transmitted in stool.

Why is it so important to obey home isolation recommendations?

To avoid infecting others.

When is it OK to stop self-isolating at home?

In general, you need to home-isolate for 14 days after the onset of symptoms, and:

- Until you are free of fever for at least 48 hours (without taking fever medication) and
- Have no acute symptoms for at least 24 hours (this does not include cough and loss of smell, which can take a longer time to go away).

If in doubt, call the 1-877-644-4545 hotline or refer to the [COVID-19 Self-Care Guide](#) at [Quebec.ca/coronavirus](https://quebec.ca/coronavirus).

Additional useful link:

If you have been diagnosed with COVID-19, read [Procedure to Follow for People with COVID-19 in Isolation at Home](#).



APPENDIX D – RETURN TO WORK QUESTIONNAIRE

COVID-19 - STAFF REGISTER

Company name: _____

Employee name: _____

Emergency contact person: _____

Employee signature: _____

Telephone: _____

Telephone: _____

The INSPQ (Institut national de santé publique du Québec) is responsible for determining the public health risks associated with COVID-19. We are also striving to take preventive measures to ensure the health and safety of all employees and visitors, their surroundings and the working environment.

Please complete this brief questionnaire to help us determine whether it is safe for you to return to work. Submit your completed questionnaire to the person in charge of occupational health and safety or your superintendent (if no OHS representative is assigned to the site).

Completing this questionnaire is mandatory for any person returning to the work site after having been confined or in quarantine for a 14-day period.

Note that submitting false information could result in dismissal or a disclosure to the competent authorities.

WORK SITE:

1. **What date marks the onset of the acute illness?** (day) (month) (year)
1.1 Have 14 days gone by since the onset of the acute illness? Yes No

2. **Have you been free of acute symptoms for at least 24 hours (with the exception of a lingering cough)?** Yes No

3. **Have you been free of fever for at least 48 hours, without taking any antipyretics (i.e., drugs or other substances that act to reduce fever)?** Yes No

RESERVED (RECOMMENDATION): Return authorized
Return denied Grounds:

Name of the person in charge: Signature: Date:

Updated on: April 15, 2020

COVID-19 REGISTRE DU PERSONNEL Questionnaire sur le retour au travail

Nom de l'entreprise :	
Nom du travailleur :	Signature du travailleur :
Nom de la personne-ressource à contacter, en cas d'urgence :	
	Téléphone :
	Téléphone :

L'Institut national de la santé publique du Québec (INSPQ) évalue le danger associé à la COVID-19 pour la santé publique au Québec. Malgré ceci, nous souhaitons prendre des mesures préventives afin d'assurer la santé et la sécurité de tous les employés et visiteurs, leur entourage ainsi qu'à l'environnement de travail.

Nous vous demandons de répondre à ce questionnaire afin d'évaluer que votre présence est sécuritaire au projet lors de votre retour au travail, et de remettre ce formulaire au responsable en santé et sécurité du travail (SST) ou au surintendant, si aucun responsable SST n'est affecté sur le chantier.

Toute personne qui retourne au chantier après avoir été en isolement de 14 jours doit remplir le présent formulaire.

Toutes informations mensongères pourraient amener à un congédiement ou à une dénonciation aux autorités compétentes.

NOM DU CHANTIER :

1. Quelle est la date du début de la maladie aiguë ? _____ (jj) / _____ (mm) / _____ (aaaa)

1.1. Est-ce que la période de 14 jours est écoulée depuis le début de la maladie aiguë? Oui Non

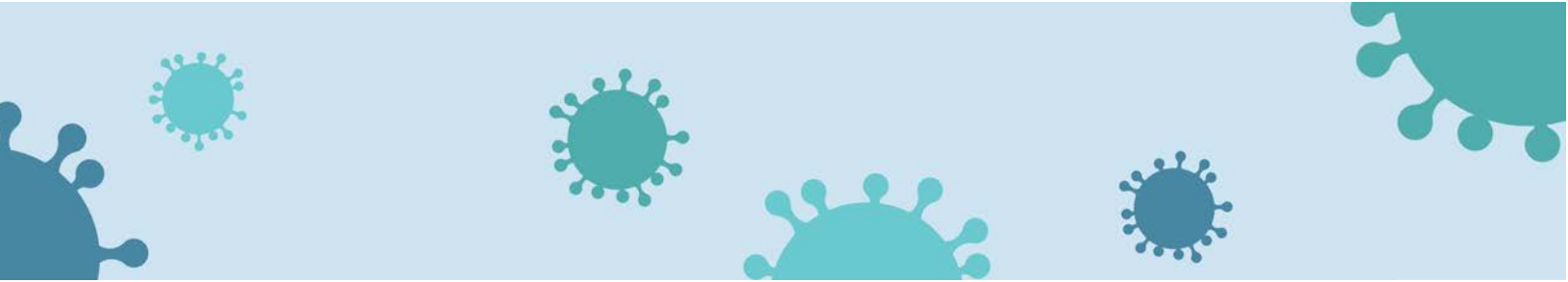
2. Avez-vous eu une absence de symptômes aigus depuis au moins 24 heures, excluant une toux résiduelle? Oui Non

3. Avez-vous eu une absence de fièvre depuis au moins 48 heures sans la prise d'antipyrétiques (ex.: médicament contre la fièvre)? Oui Non

RÉSERVÉ (RECOMMANDATION) : Retour autorisé Retour refusé, motif :

Nom du responsable :	Date :
Signature :	

Mise à jour : 15 avril 2020



APPENDIX E – INSTRUCTIONS FOR PERSONS WITH SYMPTOMS OF COVID-19

Coronavirus (COVID-19)

May 1, 2020

Public Health Recommendations Instructions for People with COVID-19 Symptoms

If you have symptoms like fever, onset or worsening of a cough, difficulty breathing or sudden loss of smell without nasal congestion with or without loss of taste, you may have COVID-19 even if you did not take the screening test. You might have other symptoms such as a sore throat, headache, aching muscles, intense fatigue or major loss of appetite and/or diarrhea. If this is the case, please obey the following instructions to avoid transmitting COVID-19 to others.

Stay Home



- Do not go to school or work or to an early childhood or daycare centre or any other public place, such as a store.
- Do not go out for a walk.
- Do not take public transportation.
- If you have no one that can help you by picking up your groceries and medications, have your supermarket and pharmacy orders delivered and stay at least two metres away from the delivery person.
- Allow no visitors in your home.
- If you live with others who have no symptoms and were never sick with COVID-19:
 - If possible, remain alone in one room of the house, always the same one.
 - Eat and sleep alone in that room.
 - If possible, use a bathroom that is reserved only for you. Otherwise, disinfect after each use.
 - Recommend to the people that live with you to watch for the onset of symptoms over the next two weeks. If they develop symptoms, they will need to follow the instructions listed in this fact sheet.
 - As much as possible, avoid contact with your housemates. If this is not possible, always remain at least two metres away from them. Cover your nose and mouth whenever you are closer than two metres away (see box text below).
 - Air out the house and your room often by opening a window, weather permitting.
- You can go outside on your balcony or in your private yard, making sure that you are 2 meters away from any other person.

Cover Your Nose and Mouth

- If possible, wear a [face covering](#) or cover your nose and mouth with a piece of cloth or handkerchief in the following circumstances:
 - Whenever another person is in the same room as you and less than 2 metres away.
 - Whenever you go out for medical reasons.
- To learn how to make and use your own face covering, look at the [Wearing a face covering in public settings in the context of the COVID-19 pandemic](#) page.



Cover Your Nose and Mouth When Coughing or Sneezing

- Use a paper facial tissue when you cough, sneeze or blow your nose.
- Throw the tissue away in the trash as soon as possible then wash your hands thoroughly.
- If no paper tissues are available, cough or sneeze into the crook of your elbow.



Wash Your Hands Often

- Wash your hands often with soap and warm water for at least 20 seconds.
- Use an alcohol-based hand sanitizer if soap is not available.
- Also wash your hands when they are visibly dirty, before eating and after using the toilet.
- Close the toilet bowl lid before flushing and be sure to wash your hands.



Do Not Share Personal Items

- Do not share dishes, utensils, glasses, towels, sheets and/or clothes with anyone else.


Do You Have a Pet?

- Avoid all contact with pets.
- Pets are not at risk for COVID-19, but their fur and skin can carry the virus.
- Ideally, isolate your pet in a separate room from you or in its cage.
- If you need to take care of the pet, wash your hands before and after touching it.
- If possible, keep your pet in the house. If it needs to go outside, keep it in a fenced-in private space.
- If your pet is a dog, ask a friend to walk it on a leash while staying two metres away from people.
- People that take care of your pet should keep physical contact with it to a minimum and wash their hands before and after touching.

Watch for Symptoms and Take Your Temperature Every Day

- Take your temperature every day at the same time of day, and note it down.
- If you are taking fever medicine, wait at least 4 hours before taking your temperature.

These steps will prove useful if you need to see a health professional.



Home Care

It most cases you will be able to treat yourself at home. See the [Self-Care Guide](#).

- If you are worried about your health, call the 1-877-644-4545 hotline to be directed to the right resource.
- Do not go to a clinic or hospital without first telephoning to inform them that you have COVID-19 symptoms.
- If you have severe symptoms such as difficulty breathing, major shortness of breath or chest pain, call 911 before going to the emergency room and tell the agent that you have COVID-19 symptoms.

If You Need Help With Your Daily Tasks Like Eating, Going to the Toilet and Getting Around the House

Ideally, your helper will always be the same person, who should be less than 70 years of age, in good health and with no chronic illness such as heart or respiratory disease or diabetes or in treatment for cancer.

Whenever another person is in the room with you and less than two metres away, wear a face covering or cover your nose and mouth with a handkerchief or other piece of cloth.

Before any person helps you, they must:

1. Wash their hands.
2. Wear a face covering or cover their nose and mouth with a piece of cloth.
3. Wear disposable gloves.

After helping you, they must:

4. Remove their gloves and dispose of them in a closed container out of reach of children.
5. Wash their hands.
6. Remove the face covering or piece of cloth.
7. Place the face covering or piece of cloth in a closed bag and keep it out of the reach of children until it can be washed normally.
8. Wash their hands again.


Laundry and Housecleaning

The sick person's sheets, towels, clothing and face coverings and cloths used to cover the nose and mouth can usually be washed with other household laundry. However, they should be washed separately if soiled with vomit, etc.

- Wash with hot water.
- Wear disposable gloves to avoid direct contact between your skin and clothes and the sick person's clothing, sheets and towels.
- Do not shake out dirty laundry before washing.

The sick person's utensils and dishes can be washed with your usual liquid detergent or in the dishwasher.

The sick person's trash can be bagged and thrown out with the other household trash. Firmly close the lid of the garbage pail or close the bag tightly.



Wash your hands frequently with soap and water:

- After contact with the sick person or objects and surfaces touched by them like a bedside table, dishes, etc.
- Before and after preparing food, before eating, after using the toilet and whenever your hands are visibly dirty
- If soap and water are not available, use an alcohol-based sanitizer.

Clean and disinfect the following at least once a day:

- Objects and surfaces frequently touched by the sick person, such as door handles, a bedside table, other furniture in the room and the bed frame.
- The bathroom and toilet

If a surface is clean, apply the disinfectant.

If not, first wash with soap and water to remove all dirt and grime, rinse with clean water and dry with a clean cloth before applying the disinfectant.

Leave the disinfectant to act for a few minutes (follow the instructions on the label) then wipe off completely with a clean cloth.

Special cleaning instructions:

- Wear impermeable gloves at all times.
- Wash your hands and forearms for 20 seconds before putting on the gloves and after removing them.
- Wash the gloves with detergent and water then let them dry before re-use, or replace them with a new pair as you see fit.
- Wash your hands with soap and water again for 20 seconds.

Cleaning and disinfecting products

Use soap and water or household cleaners. Use your regular disinfectant or a mix of 1 part domestic bleach to 9 parts cold water (e.g., 1 cup bleach mixed with 9 cups water).

If possible, have the sick clean and disinfect their own rooms and surfaces themselves.

Call Info-Social 811 (24/7 Psychosocial Hotline) if You are Experiencing Any of the Following:

- Stress or anxiety
- Lasting emotional reactions (frequent crying, irritability, etc.)
- Feelings of panic
- Ideas that never leave you alone, never cease and frighten you
- Social repercussions of COVID-19

Psychosocial health professionals will provide support and share information and advice as needed.

Here is the list of items to clean for which the worker is responsible:

#	Description	Responsible	Frequency (Minimum)
1	Small tools in general	User worker	After each use
2	Worker gloves	User worker	1x / shift
3	Sunscreen	User worker	1x / shift
4	Visor	User worker	1x / shift
5	Steering wheel and controls for heavy equipment or any other vehicle	User worker	1x / shift or when switching users
6	Radios	User worker	1x / shift or when switching users
7	Tools container handle	User worker	1x / shift
8	Computer keyboard	User worker	1x / shift
9	Telephone and cell	User worker	1x / shift
10	Individual offices	User worker	1x / shift