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IMPORTANT NOTE: Use of the masculine gender in this document is generic and applies to both men and women.



Important information for workplaces regarding VOCs

Recommendations of the Department of Public Health for Nunavik regarding construction worksites and camps

- The Commission des normes, de l'équité, de la santé et de la sécurité du travail (CNESST) requires the use of medical, procedural or non-medical masks approved by the Bureau de normalisation du Québec (BNQ):
 - Masks (hereinafter referred to as quality masks) must comply with the American standard **ASTM F2100** (level 1 is adequate), the European standard **EN 14683 type IIR**, or non-medical masks certified **BNQ 1922-900** as indicated on packaging. Face coverings are no longer permitted.
- Use of quality masks at all times on worksites is required, except in situations when worker safety could be jeopardized.
- Workers must wear quality masks continuously from the time they exit their rooms until they return to their rooms.
- The directive to wear a mask at all times can not be followed at meal times. Therefore, quality masks may be removed immediately before the start of each meal and must be donned immediately following the end of the meal. There must be compliance with physical distancing of two metres at all times, including at meal times.
- Stagger meal times for workers; encourage meals to be eaten in individual offices when possible; or make available more eating areas for workers.
- The use of quality masks at all times is recommended for outside work if physical distancing of two metres between workers can not be maintained.
- **The Institut national de santé publique du Québec (INSPQ) recommends that quality masks be replaced whenever they become wet, dirty, damaged, or make it difficult to breath. The recommended maximum period for the use of quality masks is four hours.**

For ease of reading, the term *quality mask* is used throughout this document.



Important information

Local residents must be hired to perform tasks that require interaction with the community. For example, those responsible for picking up and delivering groceries and other goods to the camp must never be in contact with quarantined construction workers.

Construction workers who develop COVID-19 symptoms will be placed in isolation, assessed and likely be tested. The COVID-19 info health line (1-888-662-7482) must be contacted before any worker is sent to the local health clinic.

The public health department will conduct an investigation whenever a worker tests positive for COVID-19. Workers testing positive will likely be evacuated to the South to receive care and to reduce the risk of transmission within the community.

Persons who have had contact with a confirmed case of COVID-19 must be placed in isolation, which may require evacuation. Evacuations for this purpose are the responsibility of the contractor. Isolation periods are for a minimum of 14 days and public health officials are responsible for authorizing workers' return to work.

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 for at least 20 seconds.
- Avoid touching your eyes, nose and mouth (to prevent contamination).
- Use an alcohol-based hand sanitizer (containing at least 60% alcohol) if you do not have access to soap and water.
- Observe hygiene rules when coughing or sneezing: place your mouth and nose in the crook of your elbow to reduce the spread of germs and, if using a tissue, throw it out as soon as possible, then wash your hands.
- If you develop symptoms (cough, fever, shortness of breath, loss of smell or taste), stay at home or isolate yourself in a single room.
- Avoid direct contact when greeting others; favour the use of alternative practices.
- Maintain physical distancing of two metres from other persons.



Travel-related quarantine

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

***** Workers' vaccination status currently has no effect on quarantine measures! *****

A pre-departure quarantine is an uninterrupted quarantine up until the day the traveller must leave his home to travel. At that time, the traveller must observe physical distancing measures, avoid public transit (unless it is his only means of transportation to the departure site, in which case a quality mask must be worn) and wash his hands regularly. A quarantine of 14 days is necessary, even if COVID-19 screening tests are performed prior to departure.

It is strongly recommended that workers travelling to Nunavik complete a voluntary pre-departure quarantine, which greatly reduces the probability of introducing COVID-19 that could compromise construction activities.

Every extra day of voluntary quarantine in the South contributes greatly towards reducing the risk of introducing COVID-19 into the construction camp and worksite. Pre-departure quarantine significantly contributes to ensuring the safety of everyone and avoiding potential worker isolation or worksite closure.

It should be noted that a mandatory quarantine period of 14 days will need to be completed in the North as well. Workers may perform their duties while quarantined, in which case strict 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.

Pre-travel quarantine requirements:

Stay at home

- Do not go to work, to the store or to any public place.
- Do not visit anyone or have people visit you.
- Plan ahead (e.g., buy everything you will need prior to starting your quarantine period) or have someone go shopping for you.
- You may 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 least two metres from 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 may choose to quarantine with 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 be in quarantine and comply with the previously mentioned conditions.
- If family members cannot quarantine with you (e.g., if your spouse must leave the house to go to work), you must isolate yourself from them. This entails:
 - having your own room, in which you must also sleep alone;
 - avoiding all common areas whenever possible;
 - wearing a face covering and remaining two metres from other people when you must be in a room with others;
 - using a dedicated washroom (if possible);
 - eating alone (and not with your family);
 - not sharing plates, utensils, glasses, mugs, towels, sheets, clothing or any other items.

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

Travel questionnaire: 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 has been completed).

Tests: Refer to the regional public-health guidelines for authorizing arrival of construction workers in Nunavik. For information contact: surveillance.vigie.nrbhss@ssss.gouv.qc.ca.

Screening tests serve as a safeguard, but are not perfect. The carrier of a virus could test




negative until the virus is present in sufficient numbers to be detected. It is very important that tests go hand in hand with quarantine measures to ensure that everyone stays safe.

Screening tests also have their limits. They may produce negative results even when someone is infected. They can also generate positive results for individuals who recovered from a COVID-19 infection in the past. In very rare cases, they may also produce false positives.

People who have undergone surgery, had nose or throat issues or contracted COVID-19 in the past three months (and can produce supporting documentation) may not require testing. Check with the nurse performing the tests if the worker has any concerns.

 **NOTE:**

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

 **IMPORTANT:** Workers must complete a return to work questionnaire (refer to Appendix D – Return to Work Questionnaire). A false statement or falsification of records could result in administrative or disciplinary measures up to exclusion from the worksite for an indefinite period.

Quarantine of new workers and consultants

New workers

When a worker arrives in a community


The employer is responsible for ensuring compliance with the MANDATORY quarantine measures for all workers arriving from outside of Nunavik for a period of 14 days.

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

If a worker develops COVID-19 symptoms, he must not remove his quality mask and immediately return to his room to be placed in isolation while his symptoms are assessed and his temperature taken.

Refer to the section of this document entitled Care and Symptoms for further information.

During the 14-day quarantine period, workers must wear a quality mask and eye protection. They must stay two metres away from other workers while working and avoid sharing tools. If tools must be shared, they must be disinfected between uses.



Hygiene and respiratory etiquette measures must be strictly adhered to.

Quarantined workers must have a reserved shower and washroom, at least two metres away 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 individual rooms. In addition:

- Food trays must be placed outside the door to the room (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 placed outside the door by the worker and is picked up by a person wearing a quality mask, eye protection and gloves;
 - the dishes and food tray are immersed in hot water;
 - the person who handled the dishes and tray removes his gloves, washes his hands, removes his eye protection and quality mask, and washes his hands once again.

While quarantined, workers may go outdoors for walks, but are prohibited from entering any buildings. They must also remain two metres away from anyone they encounter. Outings in the community are not allowed.

At the end of the quarantine period, workers may 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 quarantines.

Inuit/local staff may be hired but must not work or have any contact with individuals in quarantine. They must not be part of teams that include workers in quarantine, nor enter any buildings where workers in quarantine are present.

Consultants, project managers, inspectors

Consultants, project managers, inspectors and other workers are subject to the same restrictions as new workers arriving in Nunavik. They must in particular remain at their hotels and may eat foods they carried with them from the South or have meals delivered from the camp.

At the worksite, these professionals must wear a quality mask as well as eye protection, work



two metres away from other workers, and refrain from sharing personal items (e.g., pens, etc.) and work equipment that has not been disinfected after use. At their hotels, they must wear a quality mask in common areas. They may prepare their food in the kitchen but are required to eat in their rooms.

Prior to being assigned to a new worker, all rooms, must be disinfected according to the instructions in this document.

If a worker or consultant develops COVID-19 symptoms:

Persons infected with 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 (over 38°C or 100.4°F), cough, shortness of breath, or 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 with these symptoms must be isolated and tested for COVID-19 at the CLSC. Workers may also call the COVID-19 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 Nunavik (refer to the section of this document entitled References, no. 2). Passengers travelling by air must wear a mask, as per Transport Canada guidelines (refer to the section of this document entitled References, no. 3).


Travellers must also wear long pants and a long-sleeved shirt to avoid skin contact.

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

Worksite and camp access

Access to worksites and camps is now being more closely monitored. In particular, it is recommended to:

- Allow a certain period of time between the arrival and departure of workers.

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- Assess the health of workers and visitors entering the worksite and camp by means of a daily questionnaire (refer to Appendix A – Staff/Visitor Questionnaire). The questionnaire is designed to:
 - ensure that neither workers nor visitors have symptoms of COVID-19, as per the recommendations of public health authorities;
 - assist with any investigations regarding an individual’s 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.
- A mandatory entry questionnaire (log).
- Physical distancing measures (minimum of two metres).
- Mandatory handwashing when entering or leaving the site and requirement that boots be left at the entrance and coats in rooms.
- Access strictly limited to worksite workers (refer to Appendix B – Authorized Personnel Poster).




IMPORTANT: Any worker experiencing COVID-19 symptoms must inform the site manager, supervisor, project manager, director and the local CLSC immediately so an assessment of the situation may be performed and the isolation protocol can be initiated (refer to Appendix C – Instructions for Persons with COVID-19 Symptoms Awaiting a Screening Test or Screening Test Results).

Workers and visitor health

Health status questionnaire

Employers 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, shortness of breath, or sudden loss of smell or taste?
- Did you recently travel outside of the country for a period of less than two weeks?
- Have you been in contact with anyone who has tested positive for COVID-19 or with anyone who has been in contact with a confirmed case of COVID-19?




Note that taking the temperature of workers is not recommended since results may 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 the camp or their hotel) and the isolation protocol (Appendix C) must be initiated.

Return to the worksite


Before returning to work, workers placed in isolation due to COVID-19 must be notified by public health authorities that they may end their isolation. The isolation period is a minimum of 10 days, but clinical assessment criteria may require the isolation to be longer.

 **IMPORTANT:** Workers must complete a return to work questionnaire (refer to Appendix D – Return to Work Questionnaire). A false statement or falsification of records could result in administrative or disciplinary measures up to exclusion from the worksite for an indefinite period.

Sanitation and hygiene measures

Physical distancing

- The employer must put in place a plan permitting physical distancing of two metres between workers whenever possible.
- Depending on the work to be performed, there may be times when physical distancing is impossible for short periods.
- Workers should avoid touching their face as much as possible and should cough in the crook of their 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 items;
 - clean tools and equipment after every shift, using standard maintenance products;
 - refer to the section of this document entitled Personal Protective Equipment (PPE) for guidelines.

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- Overtime work should be scheduled to avoid the congregation of a large number of workers in a same location, which could make physical distancing difficult.
 - Whenever work teams are formed, the same workers should remain in the team and the pairing of workers should be kept stable as much as possible.
 - Physical barriers should be installed in the cafeteria for meals (ex., glass, plexiglass).
 - In the presence of other contaminants (silica, asbestos, lead, beryllium, aerosol, organic vapour) or if required by the applicable safety data sheet, workers must wear PPE. For example: respiratory protection according to the level of risk, gloves suitable for the task and safety glasses (<https://www.cnesst.gouv.qc.ca/sites/default/files/documents/dc900-1104web.pdf>).
 - Workers who find themselves in close quarters must avoid skin-to-skin contact by wearing long pants and long-sleeved shirts.
 - The frequency and duration of in-person meetings must be limited to the greatest possible extent. Moreover, in a same location, physical distancing must be maintained, i.e., two metres between individuals. The authorized capacity of each meeting location should be posted. Alternative methods such as videoconferencing, telephone messages or pre-recorded videos, etc. should be favoured whenever possible.
 - All large gatherings are prohibited.
 - Only essential outings and trips should be allowed.


Respiratory etiquette

- Observe hygiene rules when coughing or sneezing, by placing your mouth and nose in the crook of your elbow to reduce the spread of germs.
- Discard used tissues directly into a garbage bin and replace your quality mask whenever you sneeze, then wash your hands.
- Avoid all direct contact when greeting others. Follow alternative practices.

Handwashing

All workers are required to:

- Wash their hands frequently with warm water and soap for at least 20 seconds:
 - If soap and water are not available, an alcohol-based hand sanitizer (containing at least 60% alcohol) should be applied for at least 20 seconds. Visibly dirty hands should be wiped clean, then an alcohol-based hand sanitizer applied.
- 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 washroom.

Vehicles

Vehicles for transporting workers

- Every effort must be made to have the same workers travel in the same vehicles and sit in the same seats:
 - the CNESST requires that quality masks be worn at all times.
- Split up workers between available vehicles to promote physical distancing measures.
- Strictly enforce 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, rear-view mirror) with disinfectant wipes or standard cleaning products. This is particularly important whenever there is a rotation of operators and other personnel. Disinfectant wipes must be kept aboard every vehicle.

Utility vehicles and heavy equipment

- Ensure that the same teams make use of the same vehicles or heavy equipment; this will avoid the multiplication of interactions.
- Whenever possible, assign the same employees to the same positions (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

Maintain physical distancing of two 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 as clean as possible.
- When cleaning is the responsibility of housekeeping personnel, ensure that they wear appropriate PPE when necessary (including gloves, a quality mask, goggles or face shield for chemical products) and that their tasks are performed when occupants are not present. All housekeeping personnel must wear quality masks and maintain physical distancing of two metres.
- Rooms may be cleaned with standard cleaning products, and special attention should be paid to high-traffic areas.
- Washrooms should be thoroughly cleaned and disinfected (refer to the section of this document entitled References, no. 4) (according to manufacturer instructions regarding contact times) after general cleaning (if applicable).

If a worker has COVID-19 symptoms (fever, cough, shortness of breath, sudden loss of smell or taste), the room should not be cleaned.


Instead, the isolated worker should be given the equipment (quality mask, in this case) needed to clean the room himself. **After the worker has cleaned and vacated 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.
- Standard cleaning products and disinfectants can be used to clean rooms in such cases. Manufacturer instructions must be strictly followed.
- For porous surfaces, such as carpets and curtains, all visible contaminants must be removed, and the surfaces then cleaned with appropriate products. Any washable items must then be washed according to manufacturer instructions and with the warmest water setting acceptable. The items must thereafter be thoroughly dried.
- Tissues and disposable items used by the infected worker must be placed in a sealed bag, then placed in the container used for regular garbage collection.

Cleaning and disinfecting

General recommendations

- Clean rest areas, work trailers and common areas regularly with an appropriate cleaning product, a standard disinfectant (refer to the section of this document entitled References, no. 4), making sure to follow manufacturer instructions for contact times.

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- Clean frequently touched surfaces (light switches, doors, washroom fixtures such as faucets, handrails, etc.).
 - Clean washroom facilities and changing rooms regularly (door handles, counters, faucets, boxes) and disinfect them at least once every shift.
 - Clean dining areas (refrigerators, microwaves, tables, counters, faucets) and disinfect after each meal.
 - Remove items 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 must be disinfected between each handover, workers must thoroughly wash their hands, etc.
- At the end of each shift, shared work tools and equipment must 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. In particular, do not touch your face (with your hands or gloves) and wash your hands regularly.

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).
- Clean all tool chests and accessories at the worksite regularly.
- Clean electronic devices with an appropriate cleaning product (disinfectant) according to manufacturer instructions, and avoid sharing whenever possible.

Vehicles, lifting devices and protection equipment

- Clean all surfaces likely to have been touched (dashboard, steering wheel, levers, shifter, inner and outer door handles, rear-view mirror) with disinfectant wipes or standard cleaning products. This is particularly important whenever there is a rotation of operators and other personnel.
- Disinfectant wipes must be kept aboard every vehicle.



Protective measures for housekeeping personnel

- Housekeeping 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 must be disinfected between each handover, workers must thoroughly wash their hands, etc.
- At the end of each shift, shared work tools and equipment must 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 faces with their gloved hands.
- Once the cleaning process is completed, reusable gloves should 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 is essential.
- Employees who regularly handle food must 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 may also be washed in a dishwasher.

Protective measures for laundry personnel

If a worker has experienced COVID-19 symptoms and once the room is no longer off-limits:

- Ensure the worker's clothes are dry, then place all soiled fabric items (i.e., sheets, towels, clothing) that might contain biological fluids (oral or respiratory secretions, stool) in two sealed bags (one bag in the other, i.e., "double-bagging"). This directive specifically addresses the long lifespan of the virus in humid conditions.
- Avoid shaking out clothing items or the container itself when placing laundry in the washer.
- Sheets from the beds of various workers can be washed together in hot water and using standard laundry detergent.

- Wear long pants, a long-sleeved shirt, gloves and a quality mask. Make sure potentially contaminated clothing does not come into contact with any other clothes or skin.
- Discard the plastic bags in the garbage.
- Remove the gloves worn and follow 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 follow hand hygiene measures.

Washroom facilities

Handwashing sink

The employer must ensure the availability of handwashing facilities for workers at the worksite. 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 photo).



Workers must have access to the following products:

- Hand soap or cleaners.
- A hand dryer, disposable hand towels or paper towels.
- Garbage bins for discarding hand or paper towels (these must be contactless if possible, particularly if paper towels are used).

If applicable, signage must be posted in a visible area 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 should generally go to the camp to make use of 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 regularly.
- A "Wash your hands - 20 seconds" poster must be displayed 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 seven days must provide a room for meals, in accordance with the *Safety Code for the Construction Industry* (section 3.2.9). The employer must ensure that:

- Everyone washes their hands before and after every meal.
- Physical distancing (at least two metres) between workers is maintained at mealtime.
- Workers eat in rooms large enough to permit physical distancing of at least two metres. Arrange for additional dining facilities if necessary. Workers who have not completed their quarantine must eat in their rooms.
- The number of workers permitted in the dining room should be limited at all times. If there is not enough room, stagger meal schedules to maintain the required physical distancing.
- Workers who are part of the same team eat together at the same time, in the same room, every day.
- If workers eat outdoors, ensure that physical distancing of at least two metres is maintained.
- When lining up for meal service workers maintain physical distancing of two metres.
- Workers serving meals are positioned behind a plexiglass or polythene barrier.
- Food is not shared between workers.
- Workers do not exchange cups, glasses, plates or utensils.
- Dishes are washed in hot water with soap.

Adequate space must be left between work clothes placed 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 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 maintain physical distancing of at least two metres.
- Access to meeting areas must be limited, and the capacity of each location should be posted at the entrance.

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- Boots must be left at the entrance of each location. Coats may be kept in the areas 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, staffer break schedules.
- Prohibit the sharing of items or food (e.g., cigarettes, coffee, etc.).
- Make sure everyone washes their hands before and after breaks.

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 items (e.g., shampoo, soap, etc.).

Laundry

- Limit the number of workers who can use washers and dryers at the same time:
 - organize a schedule for the use of washers and dryers;
 - prohibit the sharing of items (e.g., detergent, fabric softener, etc.);
 - clean work clothes and gloves daily or as often as possible according to standard procedures, and ensure they are properly dried;
 - consider acquiring additional equipment and increasing the frequency of washing;
 - identify work clothes and gloves by “owner”;
 - prohibit the sharing of items unless they have been washed.

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 seats whenever possible.
- All vehicles should be cleaned after each use.

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- Make as few changes as possible to the teams who have contact with parties and individuals from outside of the company.
 - Place goods on a clean surface, ensuring physical distancing of two metres between people.
 - Ideally, tasks should be organized so that goods can be placed at the entrance (this should avoid useless return trips by workers).
 - Local residents must be hired for tasks that require interaction with the community. For example, picking up and delivering groceries and goods to the camp. The individuals assigned to these duties must never be in direct contact with quarantined construction workers and may not enter facilities.

Personal protective equipment (PPE)

The most effective measures for protecting against COVID-19 and its variants are to practice physical distancing, wear a quality mask, not touch your face, and wash your hands frequently.

- 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 reusable respiratory protective equipment, disinfect according to manufacturer recommendations. Avoid lending the equipment to others.
- Replace damaged gloves with new ones. Wash used gloves along with your work clothes to prevent them from acting as sources of transmission.
- Procedure for the proper removal of PPE:
 - begin by removing your gloves, then wash your hands with soap and water or an alcohol-based solution (refer to the section of this document entitled References, no. 5);
 - remove eye protection, then wash your hands again;
 - next, remove your respiratory protective equipment (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 teleconferencing (Skype, Teams, FaceTime) and other virtual meeting methods be prioritized over in-person meetings. Meetings, orientation sessions, safety breaks and committee get-togethers should last no longer than 15 minutes and comply with the following conditions:

- Compulsory physical distancing of two metres.
- No participant with COVID-19 symptoms.
- No sharing of equipment (plans, pencils, telephones, etc.).
- Due consideration given to meeting via conference call or videoconference.
- Place chairs and tables so that no participants are sitting directly face-to-face.
- Postpone all non-essential meetings.
- Limit the number of workers who congregate in smoking areas.
- Encourage participants to hold meetings outdoors.


Orientation

Various topics should be discussed during worker orientation meetings, including:

- Hand washing.
- Physical distancing.
- Proper use and disposal of quality masks to avoid contamination.
- Washing of PPE.
- Proper removal of PPE (refer to the section of this document entitled References, no. 6).
- Emergency measures.

Community

- Workers will not be permitted 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. The designated local resident should avoid contact with staff and entering construction facilities.

- 
- Workers cannot, under any pretext, be in contact with community members and will not be permitted access to public places (shops, beach, gymnasiums, etc.).
 - Outdoor activities such as walking, running or participating in various sports contribute to 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 least two metres away from anyone they meet. They should make every effort to stay away from the community itself. Once their quarantine has been completed, workers can walk with colleagues whose quarantine period has also ended.
 - We ask workers to consult their supervisor for details on 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 COVID-19 symptoms:
 - **One of the following: fever (over 38°C or 100.4°F), cough, shortness of breath, or 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

Any worker who displays clinical symptoms of COVID-19 identified by public health authorities should continue to use a quality mask and isolate in his room or a designated area.

- The COVID-19 info health line (1-888-662-7482) can be contacted for recommendations. Outside of the info line's operating hours, contact the local CLSC.

If a screening test is deemed necessary by public health authorities, the worker must remain in isolation until the results are available.

Interactions with the worker should be reduced 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 quality mask, goggles or a face shield and gloves. Ideally, properly fitted respiratory equipment should be used.
 - Any PPE worn during such interactions should be discarded or cleaned immediately after use.
 - All food must be delivered to the worker's door (door to the room or area where the worker has been isolated):
 - food trays should be placed on the floor (or on a stool) outside the door to the room, so the isolated worker can retrieve the meal. The worker should place his food tray in the same spot once he is done eating;
 - the worker assigned to collect food trays must wear gloves;
 - The condition of the isolated worker must be checked regularly, 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 discarded 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 (the worker begins to experience symptoms): The worker is placed in isolation and the COVID-19 info health line (1-888-662-7482) is contacted for instructions. Infection prevention and control measures for suspected COVID-19 cases are as follows:
 - The symptomatic worker must remain isolated at home (local worker) or in his room (non-local worker) in the North while awaiting results of his assessment from the regional call centre or the screening centre.
 - The symptomatic worker is provided a copy of the **Instructions for Persons with COVID-19 Symptoms Awaiting a Screening Test or Screening Test Results** (refer to the section of this document entitled References, no. 7 and to Appendix C – Instructions for Persons with COVID-19 Symptoms Awaiting a Screening Test or Screening Test Results).
 - The worker must isolate away from other people.
 - The worker must follow hand hygiene and respiratory etiquette (i.e., wear a quality mask and disinfect his hands with an alcohol-based solution).

- **MODERATE or HIGH** severity (the worker requires medical attention): While wearing a quality mask, the worker should be brought to the hospital or CLSC. The person transporting the worker should use respiratory protective equipment. The hospital or CLSC should be informed prior to the worker's arrival. Admission will depend on the clinical assessment performed at the health centre.



IMPORTANT: At each safety meeting, foremen must inform and remind workers that anyone experiencing COVID-19 symptoms while in the North will be placed in mandatory isolation on site, either in his home (local workers) or in his room or another area (non-local workers).

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:

- CONSTRUIRE en santé program: 1-800-807-2433
- Suicide prevention help line: 1-866-277-3553

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

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



Acknowledgement of document contents

I, _____, hereby certify that I have fully read and understand the present PROTOCOL – **(Contractor name)** RETURN TO WORK AT NUNAVIK CONSTRUCTION SITES (COVID-19). 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 this document. I understand that failure to comply with the measures stipulated above may cause harm to the health and safety of my co-workers, 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 worksite 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
Shortness of breath	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**

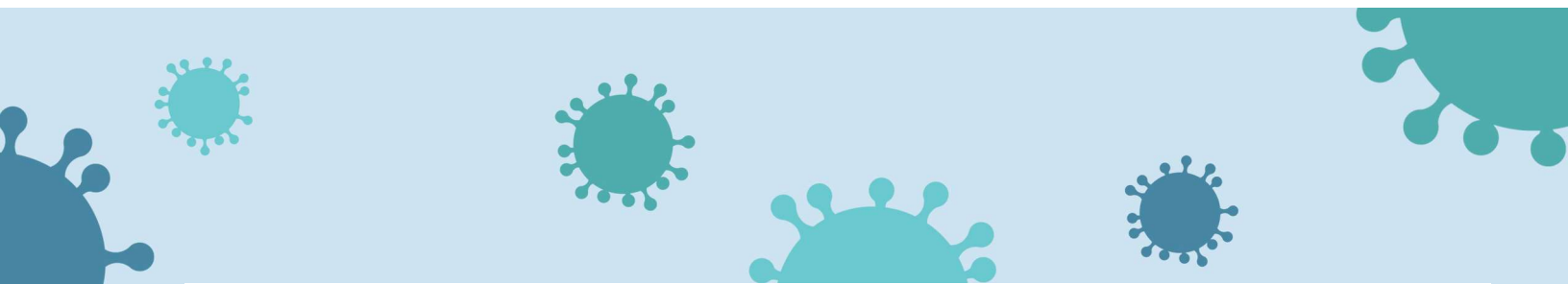


**ASSOCIATION
DE LA CONSTRUCTION
DU QUÉBEC**





**APPENDIX C – Instructions for Persons with COVID-19 Symptoms
Awaiting a Screening 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 worksite 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.

WORKSITE:

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 :

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 :	Signature :	Date :
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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

In 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