



Guidelines for employees – Work places

HEALTHY HYGIENE PRACTICES AT WORK

- Avoid touching your face and eyes
- Cough or sneeze into your arm or tissue
- Cover your mouth and nose with tissue or elbow and wash hands immediately
- Use tissue only once and dispose of immediately after
- Avoid direct contact such as shaking hands, hugging, etc.
- Stay home if you are sick
- Limit sharing of space, tools, and supplies

PHYSICAL DISTANCING PRACTICES

- Basic rule is a minimum of 2 meters of distancing between people
- This applies at all times while in the workplace, whether in an office, lunch room, meeting room, lobby, or vehicle

PERSONAL PROTECTION EQUIPMENT (PPE)

- Understand that the use of masks as a PPE is central to mitigation strategies when physical distancing cannot occur
- Instructions on how to use and how to dispose of masks/PPE : https://cdn-contenu.quebec.ca/cdn-contenu/sante/documents/Problemes_de_sante/covid-19/Couvre-visage/20-210-64W_couvre-visage-anglais.pdf?1588798488