








# CORONAVIRUS (COVID-19) TIPS









## Coronavirus Active Response and Engagement Service

**SYMPTOMS** Individuals with COVID-19 should not work. The most common symptoms of COVID-19 are fever, cough, and shortness of breath. However, other symptoms may include sore throat, fatigue, muscle aches and pains, and decreased appetite. COVID-19 is primarily spread through person-to-person contact.






## STAY HEALTHY

-  Wash your hands throughout the day with soap & water for 20 seconds, including at the beginning, during, & end of your work call and before & after meal breaks. Wash your hands after using the restroom. Hand sanitizer is recommended if washing with soap is not available. Hand sanitizer is not effective on heavily soiled hands.  
**20 seconds**
-  Cough and sneeze into tissues (or elbows if needed) and immediately dispose of tissues.
-  To the degree possible, maintain 6 feet/2 metres of distance between coworkers & avoid close physical contact, such as shaking hands.
-  Wear disposable gloves, a face covering (mask), and other PPE as recommended for your duties AND when unable to maintain a distance of 6 feet/2 metres apart from others AND when interacting with the public.
-  Avoid touching your mouth, nose, and eyes.
-  Disinfect personal objects you need to bring to your job, such as cell phones, keys, and tools.
-  Do not share tools and equipment before sanitizing them.

## PREVENT THE SPREAD OF COVID-19

-  Do your part to regularly clean & disinfect surfaces that you frequently touch such as doorknobs, handles, tables, and shared equipment such as tools and vehicles. Wash hands for 20 seconds with soap & water after cleaning.
-  Open windows and doors to increase fresh air in rooms and hallways whenever possible.
-  To the degree possible, stagger the use of common areas, such as breakrooms, trucks and trailers, and dressing areas.  
**One at a Time**
-  If you are sick with COVID-19 symptoms, you should not go to work. Call your doctor, or, in case of a health emergency, call 911 and notify the 911 operator of any COVID-19 symptoms.
-  If you suspect that you may have had contact with someone with COVID-19, let your supervisor know immediately.
-  If you or a family member test positive for COVID-19, follow your doctor's orders.

## RESOURCES

-  If any worker has a specific health/safety concern in their workplace, report it via our Safety Info App, available on iOS, and Play Store, or by talking to your Local Union.
-  Stay informed with the latest recommendations:  
<https://www.who.int/emergencies/diseases/novel-coronavirus-2019>
-  <https://www.cdc.gov/coronavirus/2019-ncov/index.html>
-  Additional guidance on occupational health & safety <https://www.osha.gov/SLTC/covid-19/>
-  <https://www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection/guidance-documents/risk-informed-decision-making-workplaces-businesses-covid-19-pandemic.html>



For safety training, visit:  
<https://www.iatsetrainingtrust.org/>



Canadian Centre for Occupational Health & Safety: <https://www.ccohs.ca/products/publications/covid19/>

<https://iatsecares.org/resources/>