

# 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



20  
seconds

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.



Cough and sneeze into tissues (or elbows if needed) and immediately dispose of tissues.



To the degree possible, maintain 6 feet/2 meters 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 meters 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.



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.



Open windows and doors to increase fresh air in rooms and hallways whenever possible.



If you suspect that you may have had contact with someone with COVID-19, let your supervisor know immediately.



To the degree possible, stagger the use of common areas, such as breakrooms, trucks and trailers, and dressing areas.



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>



Canadian Center for Occupational Health & Safety: [https://www.ccohs.ca/oshanswers/diseases/good\\_hygiene.html](https://www.ccohs.ca/oshanswers/diseases/good_hygiene.html)



For safety training, visit:

<https://www.iatsetrainingtrust.org/>

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