

SAFETY TALK

Covid-2019

COVID-19 is an illness caused by a coronavirus. Human coronaviruses are common resulting in mild illnesses, similar to the common cold. However, COVID-19 is more contagious and detrimental certain sectors of the population (such as the aged or persons with chronic medical conditions). Symptoms of COVID-19 can take up to 14 days to appear after exposure to the virus and vary from person to person.

Health Screening

All Jeffery's staff must complete an **Active Screening** form **daily**. The **Employee Covid Form** can be found on the **Jeffery's website**. This must be **completed no more than 2 hours before the start of your shift and before entering the building** wherever possible. Employees that do not have phones can use the store computer to complete. However, *if you are going to answer YES on any of the questions you should NOT enter the store and answer from home. If you answer YES to any question, contact your supervisor as well as telehealth or your family doctor for further advice.* Keep your employer informed.

Physical Distancing

Physical distancing, minimizing contact, keeping hands clean, and preventing contact with potentially infected people are all critically important measures. All staff must wear non-medical grade masks, particularly when the distance of 2 meters can not be met. Further info can be found at Ontario Public Health website.

Fast Fact: Asymptomatic means showing no symptoms of disease. A person is considered asymptomatic if they have recovered and no longer have the illness OR have an illness and do not have symptoms. **Its possible to have Covid-19 , show no symptoms, and spread the disease to others.**

Reporting Illnesses

- **Isolate** yourself from others the minute you start feeling unwell using the most direct route.
- **Notify a store manager and your supervisor** to review what assistance you need to go home.
- **Avoid** public transportation and take measures to protect others around you.
- **Inform Human Resources and your Supervisor if you get a Covid test** for any reason. Copies of negative results must be provided prior to returning to work.
- At all times **follow the advice of telehealth or your family doctor** and keep your employer informed of your progress.

Best Practices

- **Sign** in and out using the store vendor book using your own pen or sanitize your hands before and after.
- **Avoid** touching your face (eyes, mouth, nose).
- **Cough or sneeze** into the **bend** of your arm.
- **Wash your hands** at the start of your shift, before eating or drinking, after touching shared items, after using the washroom, and before leaving the store.
- **Know where the HD sanitizing stations** are located throughout the store.
- **Know how to properly use and maintain your mask or gloves.** If more info is needed check out Ontario Public Health website.
- **Stay home or know what you will do** if you get sick while working (ask supervisor to review with you).
- **Have a plan of action** so you are prepared if you need to quickly quarantine for 2 weeks.

For those who work with the public, it is particularly wise to consider **downloading Canada's new Covid-19 Alert App**. Top Privacy watch dogs in Canada are promoting its use. The app uses Bluetooth to exchange random codes with nearby phones. Every day, it checks a list of random codes from people who tell the app they tested positive. If you have been near one of those codes in the past 14 days, you'll get a notification. **Get it free from your Apple or Google Play store.**