Social Distancing for Essential Workers

THOSE PROVIDING SUPPORT TO ESSENTIAL WORKERS AND PUBLIC AND INDIGENOUS GOVERNMENT INFRASTRUCTURE PROJECTS

The Chief Public Health Officer of the Northwest Territories recommends social distancing to prevent the spread of COVID-19. Social distancing means limiting the amount of people you come into contact with, which lowers the risk of passing or catching the virus.

The following steps must be taken by workers approved by the Chief Public Health Officer to begin work before 14 days of self-isolation has been completed:

- Workers need to practice social distancing two (2) weeks prior to entry into the NWT.
- Workers are also expected to monitor themselves for symptoms. Attached is a self monitoring form workers must use for the whole 2 weeks prior to entry.
- Workers must provide the completed daily self monitoring form to Protect NWT before entering the NWT and may be required to produce the completed form at port of entry into the NWT.

Health facilities in the NWT are extremely limited. We all must take extra precautions to keep our communities safe from a covid-19 outbreak.

What does social distancing mean?

This means making changes in your everyday routines in order to minimize close contact with others, including:

- Avoiding crowded places and non-essential gatherings
- Avoiding common greetings, such as handshakes
- Keeping a distance of at least 2 meters from others, as much as possible

Here’s how you can practice social distancing:

- Greet with a wave instead of a handshake, a kiss or a hug
- Stay home as much as possible, including for meals and entertainment
- Shop or take public transportation during off-peak hours
- Use technology to keep in touch with friends and family

If possible,

- Use food delivery services or online shopping
- Exercise at home or outside away from others

For more information, please visit www.gov.nt.ca/covid-19
Remember to:

- Wash your hands often for at least 20 seconds and avoid touching your face
- Cough or sneeze into the bend of your arm or a tissue
- Avoid touching surfaces people touch often

If you’re concerned you may have COVID-19:

- Separate yourself from others as soon as you have symptoms
- If you are outside the home when a symptom develops, go home immediately and avoid taking public transit
- Stay home and follow the advice of your Public Health Authority, who may recommend isolation
- Call ahead to a health care provider if you are ill and seeking medical attention
- Call your supervisor and do not go to work if you are sick

Clean and Disinfect Regularly

Disinfect high-touch areas such as toilets, bedside tables, keyboards, keypads, and door handles twice a day, with an agent effective against coronavirus. Coronavirus is easy to kill with appropriate disinfectants.

Health Canada has produced a list of registered disinfectants that are qualified for use against COVID-19: https://www.canada.ca/en/health-canada/services/drugs-health-products/disinfectants/covid-19/list.html

Some appropriate disinfectants include:
- Diluted bleach solution
- Accelerated hydrogen peroxide (0.5%)
- Quaternary ammonium compounds (QUATs)

Always check the manufacturer’s information to assure the product is effective against coronaviruses. Follow the product instructions for the dilution and contact time. Unless otherwise stated on the product, use a detergent to clean the surface of all visible debris prior to the application of the disinfectant.

Surfaces that have become soiled with respiratory secretions or bodily fluids should be cleaned twice: once to remove the secretions, and second with an effective disinfectant to disinfect the area. Use disposable gloves and protective clothing (e.g. plastic aprons, if available) when cleaning or handling surfaces, clothing or linen that has been soiled with bodily fluids.

For more information, please visit www.gov.nt.ca/covid-19
DO:

- Implement social distancing at least 14 days before your proposed shift. This means maintaining at least two meters between you and other people at all times
- Wash hands frequently
- Stay home and do not attend work when sick
- Travel to airports in a private vehicle whenever possible rather than public transportation
- Wear a mask or facial barrier when unable to stay two meters from others (i.e., flights or shared transport)
- Follow a self-monitoring plan for 14 days with documentation (see attached) Check for a fever using a thermometer
- If you or anybody in your home exhibits symptoms of COVID-19, such as:
  - Fever
  - New or worsening cough
  - Shortness of breath
  - Generally feeling unwell
  - Muscle aches
  - Fatigue
  - Sore throat
  - Runny nose
  - Headache
  - Diarrhea
  - Vomiting
  - Loss of sense of smell
- Contact a healthcare provider to get tested and then notify your employer immediately for further direction
- Avoid all non-essential travel outside your jurisdiction

DO NOT:

- Socialize too closely (within 2 meters) with other people, whether at work, in transit, or between shifts
- Spend unnecessary time at public access points, including delivery locations or cafeterias
- Use crowded rest stops or stores
- Visit people outside of your worksite and home

REMEMBER:

- When you’re travelling between communities, make sure to monitor yourself for COVID-19 symptoms like fever, cough, or difficulty breathing (use attached sheet)
- Wash your hands frequently and use hand sanitizer when soap and water is not available
- Disinfect the interior of your vehicle and/or accommodations using sanitizing wipes or a bleach solution
- If you develop symptoms on worksite, self-isolate immediately and call the responsible physician assistant or medic. If off-site, call the local health centre wherever you are and ask for further advice
- Follow all safety and hygiene protocols issued by your employer, union, and/or governing body

Thank you for keeping the NWT safe and for your service.

For more information, please visit www.gov.nt.ca/covid-19
COVID-19 Daily Self-Monitoring Form

Name: ____________________________________________

Date of Symptom Onset: _____________________________

Monitoring End Date: _______________________________

Date each day, check your temperature and then check any of the symptoms:

Day | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14
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<table>
<thead>
<tr>
<th>Symptoms</th>
<th>Let a health care provider know if you develop symptoms.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Temperature (specify: °C)</td>
<td></td>
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<tr>
<td>Chills/Feverish</td>
<td></td>
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</tbody>
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<table>
<thead>
<tr>
<th>Difficulty breathing</th>
<th>Call 9-1-1</th>
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<tr>
<td>New or worsening cough</td>
<td></td>
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<tr>
<td>Runny Nose</td>
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<tr>
<td>Nausea/Vomiting/ Diarrhea</td>
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<td>Sore throat</td>
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<td>Tiredness</td>
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<td>Muscle aches</td>
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<td>Headache</td>
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<tr>
<td>Loss of sense of smell</td>
<td></td>
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<tr>
<td>Generally feeling unwell</td>
<td></td>
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<tr>
<td>Other: Specify</td>
<td></td>
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Healthy Respiratory Practices Everyone Can Use to Protect Yourself & Your Community

Stay home if you are sick
If you are sick, avoid close contact with others
Turn and cover your mouth and nose
Throw used tissues in the garbage
Wash your hands
Clean/Disinfect

For more information, please visit www.gov.nt.ca/covid-19