



COVID-19 (CORONAVIRUS) TAILGATE TOPICS



Tailgate Topics will be issued on a regular basis to provide ongoing information to project site workers.

TAILGATE TOPICS_01

Social Distancing for Meetings – COVID-19

Social Distancing is maintaining distance from other people. Staying at least 6' away from other people lessens your chances of catching COVID-19. That is because when someone coughs or sneezes, they spray small liquid droplets from their nose or mouth, which may contain the virus.

When Should Meetings Be Held Remotely (Skype/Teleconference)?

- *If more than 6 people are involved in the meeting.*
- *Where information can be easily shared via video conference or; teleconferencing.*
- *If space between attendees would be less than 6'.*
- *In person meetings and events are to be avoided wherever possible.*

Alternate Meeting Formats When possible, use teleconference or video conferencing.

- **Skype for business for internal meetings.**
 - *Also consider using Skype messenger for communicating or sending small pieces of information.*
 - *Skype has a mobile app that can be installed on your device (see instructions below).*
- **Skype for business for external meetings.**
 - *No external parties should be brought into the office for meetings of any kind.*
 - *For the best experience on your laptop you should be hard-wired in.*
 - *Consider phone calls and email for all other business interactions.*

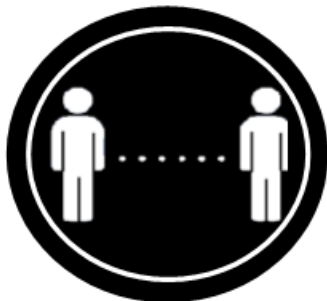
In Person Meeting Tips

In the event that you can safely hold a face to face meeting with a small enough group (6 people or less) the following tips shall be kept in mind:

- *Keep a distance of at least 6' between attendees.*
- *Refrain from shaking hands with others.*
- *Wipe down your meeting space before and at the end of each meeting.*
- *Do not share personal items or supplies such as phones, pens, notebooks, PPE, etc.*
- *Do not attend if you have cold or flu-like symptoms (cough, congestion, sore throat, fever, chills, headache, fatigue, etc.) Self isolate if these symptoms present.*

For the best Skype experience connect to Wi-Fi before joining a meeting and use the Skype app rather than calling in.

- To join a meeting on your mobile device – open the Skype app, tap on the meeting you want to join on the landing page.
- Before joining a meeting set your phone to Do Not Disturb so your Skype meeting isn't paused by incoming calls.



Maintain social distancing of 6' to prevent the spread of virus



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Help Reduce the Spread of Viruses

Self-Monitoring means to:

- Monitor yourself for 14 days for one or more symptoms of COVID-19.
- Go about your day but avoid crowded places and increase your personal space from others whenever possible.

Self-Isolation means to:

- Stay at home and monitor yourself for symptoms, even if mild, for 14 days.
- Avoid contact with other people to help prevent the spread of disease in your home and in your community in the event you become symptomatic.

Isolation for COVID-19 means to:

- Stay at home until your Public Health Authority advises you that you are no longer at risk of spreading the virus to others.
- Avoid contact with other people to help prevent the spread of disease in your home and in your community, particularly people at high risk of severe illness outcomes such as older adults or medically vulnerable people.

If you develop emergency warning signs for COVID –19 get medical attention immediately. Emergency warning signs include:

- Difficulty breathing or shortness of breath
- Persistent pain or pressure in the chest
- New confusion or inability to arouse
- Bluish lips or face

This list is not all inclusive, please consult your medical provider for any other symptoms that are severe or concerning. For non-emergencies, contact Health Links first to avoid overloading medical facilities and testing sites.

WE MUST ALL DO OUR PART IN PREVENTING THE SPREAD OF COVID-19. EVERYONE SHOULD KNOW WHAT SELF MONITORING, SELF-ISOLATION AND ISOLATION MEANS, ON THE REVERSE SIDE IS A GOVERNMENT OF CANADA PUBLIC HEALTH AGENCY INFORMATION POSTER. PLEASE TAKE TIME TO READ IT.

Can COVID-19 Survive on a Surface

- Scientists investigated how long the virus remained infectious on surfaces, according to the study that appeared online in the New England Journal of Medicine on March 17, 2020.
- The tests show that when the virus is carried by the droplets released when someone coughs or sneezes, it remains viable, or able to still infect people, in aerosols for at **least 3 hours**.
- On plastic and stainless steel, viable virus could be **detected after 3 days**.
- On cardboard, the virus was not viable after 24 hours.
- On copper, it took 4 hours for the virus to become inactivated.
- In terms of half-life, the research team found that it takes about **66 minutes** for half the virus particles to lose function if they are in an aerosol droplet.
- That means that after another 1 hour and 6 minutes, three quarters of the virus particles will be essentially inactivated, but 25% will still be viable.



HANDWASHING BEST PRACTICES

Keeping hands clean is one of the most important things we can do to stop the spread of germs and stay healthy.

WHEN:

- After using the bathroom
- Before, during, and after preparing food
- Before eating food
- Before and after caring for someone at home who is sick with vomiting or diarrhea
- After changing diapers or cleaning up a child who has used the toilet
- After blowing your nose, coughing, or sneezing
- After touching an animal, animal feed, or animal waste
- After handling pet food or pet treats
- After touching garbage

HOW



Wet your hands with clean, running water (warm or cold), turn off the tap, and apply soap.

Lather your hands by rubbing them together with the soap. Be sure to lather the backs of your hands, between your fingers, and under your nails.

Scrub your hands for at least 20 seconds. Need a timer? Hum the “Happy Birthday” song from beginning to end twice.

Rinse hands well under clean, running water.

Dry hands using a clean towel or air dry them.