

# COVID-19

# NOVEL CORONAVIRUS

## What happens if there is a COVID-19 laboratory diagnosis in my workplace?

- A public health investigation is automatically triggered when someone receives a laboratory-confirmed positive COVID-19 test result.
- Anyone diagnosed with COVID-19 is advised to self-isolate at home for 14 days from when their symptoms started. Individuals who require medical care are treated in hospital.
- Public Health notifies close contacts of laboratory-confirmed positive COVID-19 cases. Anyone at risk of contracting the virus from a colleague will be notified by Public Health.

## How will I be protected in the workplace?

- Workplaces should ensure that all surfaces and commonly touched objects are cleaned and then disinfected at least twice daily, or as needed (i.e., if surfaces/objects are visibly dirty).
- Your workplace should also have an infection prevention and control plan. Measures in the plan can help reduce the spread of communicable diseases, such as COVID-19.
- Workplaces should ensure employees know they must stay home if they are sick. Workplaces are asked to suspend the requirement for medical (sick) notes at this time, to reduce the burden on the health care system and exposure to ill individuals.
- For more information on steps workplaces should be taking, visit [www.gov.mb.ca/covid19/infomanitobans/workplaces.html](http://www.gov.mb.ca/covid19/infomanitobans/workplaces.html).

## How can I reduce my risk of infection from COVID-19?

- Good hand hygiene provides significant protection from viral respiratory illnesses, such as COVID-19.
- Wash your hands regularly with soap and warm water for at least 15 seconds.
- Make sure to dry your hands thoroughly.
- You can also use an alcohol-based hand cleanser if your hands are not visibly dirty.

**It is especially important to clean your hands:**

- after coughing or sneezing
- when caring for a sick person
- before, during and after you prepare food
- before eating
- after toilet use
- when hands are visibly dirty

Cover your mouth and nose with a tissue when coughing or sneezing, or cough or sneeze into your sleeve.

Throw used tissues in the garbage and immediately wash your hands, or use an alcohol-based hand cleanser.

**Social distancing measures to reduce your risk of infection:**

- Minimize prolonged (more than 10 minutes), close (less than two meters/ six feet) contact between your co-workers and other individuals in public.
- Where possible, meet with colleagues online or via telephone instead of in person.
- Avoid greetings that involve touching, such as handshakes.
- Avoid travel, crowded places and events, especially if you are at higher risk (e.g., seniors and those with underlying medical conditions).
- Disinfect frequently used surfaces in your workspace.
- Follow public health advice related to self-monitoring and self-isolation if you have been exposed to COVID-19 through travel or contact with someone infected with COVID-19.