

### **PURPOSE/APPLICATION**

To educate and guide employees and contractors on how to best protect themselves, their families, and the Strike Group of companies from the potential effects of the COVID-19 virus.

NOTE: Strike will follow the guidelines of the Provincial Health Authorities and all public health orders, which are subject to frequent changes. If there is a discrepancy between this SWP and current Provincial or Municipal regulations, Strike will defer to the latter.

#### **PPE**

- Face mask, where required (by by-law, client, local jurisdictions, SSSP) or as desired by the user

#### **TRAINING/EDUCATION**

- This SWP, reputable sources (e.g. Government of Canada, Provincial health authorities), World Health Organization (WHO) and the Centers for Disease Control and Prevention (CDC) websites

#### **HAZARDS & CONCERNS**

- Exposure to infected persons
- Spreading the infection to others
- Potentially for serious health effects
- Business interruptions



### **Symptoms of COVID-19**

The current list of symptoms according to the Government of Canada (as of revision date of this SWP) are:

- New or worsening cough
- Shortness of breath or difficulty breathing
- Temperature equal to or more than 38°C
- Feeling feverish
- Chills
- Fatigue or weakness
- Muscle or body aches
- New loss of smell or taste
- Headache
- Abdominal pain, diarrhea and vomiting
- Feeling very unwell

Symptoms of COVID-19 can vary from person to person. They may also vary in different age groups. Symptoms may take up to 14 days to appear after exposure to COVID-19. Some people become infected but don't develop any symptoms and don't feel unwell. These people are termed asymptomatic and pose a risk of unknowingly spreading the disease to others.

Most people recover from the disease without needing special treatment, however some individuals become seriously ill and may develop breathing difficulties. Older people, and those with underlying medical problems like high blood pressure, heart problems or diabetes, are more likely to become seriously ill. People with a fever, cough and/or are having difficulty breathing should seek medical attention.

### **How is COVID-19 Spread?**

People can contract COVID-19 from others who have the virus. The disease can spread from person to person through small droplets from the nose or mouth which are spread when a person with COVID-19 coughs or sneezes. These droplets may land on objects and surfaces around the person. Other people can then contract COVID-19 by touching these same objects or surfaces, then touch their eyes, nose or mouth. COVID-19 is more readily spread when an individual breathes in droplets expelled by a person infected with COVID-19 through coughing, sneezing, or speaking.

Maintaining a distance greater than 2 meters (6 feet), wearing a face covering and using physical barriers, can all help to reduce the likelihood of inhaling these droplets and reduces the chance of the spread. Being vaccinated against the virus is the most effective method of mitigating the likelihood of infection, and for reducing the chance of developing a serious case of COVID-19 which could lead to hospitalization or death.

### **Protection and Prevention Measures**

- Local jurisdictions/sites where Strike operates may implement mask bylaws and enhanced response measures. Strike will maintain compliance with all local jurisdictions, by-laws, and owner requirements.
- Regularly and thoroughly wash your hands with soap and warm water for at least 20 seconds. If soap and water are not available, use an alcohol-based hand sanitizer.
- Maintain good hygiene practices in your workplace and at home. Sanitize common items like computer keyboards, mouse, phones, TV remote controls, doorknobs, small tools, pens, construction equipment and common areas like kitchens and bathrooms.
- Avoid touching eyes, nose and mouth. Hands touch many surfaces and can pick up viruses. Once contaminated, hands can transfer the virus to your eyes, nose, or mouth, where it can enter your body and can make you sick.
- Make sure you, and the people around you, follow good respiratory hygiene practices. This means covering your mouth and nose with your bent elbow or tissue when you cough or sneeze. Then dispose of the used tissue immediately. Droplets spread virus. By following good respiratory hygiene, you protect the people around you from viruses such as cold, flu and COVID-19.
- Stay home or go home if you feel unwell. If you have symptoms follow all current self-isolation guidelines in your Province, employees are encouraged to use self-administered COVID-19 tests to assess symptoms. You can also call your provincial health authority for guidance.
- Stay informed on the latest developments about COVID-19. Follow advice given by your healthcare provider or your provincial public health authority on how to protect yourself and others from COVID-19 (web links and phone numbers are provided at the end of this document).
- Strike Group encourages all eligible employees to get vaccinated against the virus. Booster doses are now available to further reduce the chance of infection and serious health consequences.
- Some worksites have implemented vaccination and/or testing requirements. Strike will comply with these policies provided it deems them reasonable, and in compliance with all applicable privacy legislation. Employees who are unable or unwilling to confirm their vaccination status may be responsible for costs associated with site access COVID-19 screening testing.
- In some situations, Strike has implemented onsite antigen screening, all on-site testing will be done in accordance with the relevant Provincial guidance. See the Site-Specific Policy for details.

### **Hygiene**

Personal practices, such as proper hand hygiene help reduce the risk of infection or spreading infection to others:

- Wash your hands often with soap and water for at least 20 seconds, especially after using the washroom, before preparing food, and entering/leaving common areas with high-touch surfaces.
- Use alcohol-based hand sanitizers (minimum 60% alcohol) if soap and water are not available.
- Keep hand sanitizers out of reach of children and always supervise them when using hand sanitizers, as ingesting even small amounts of sanitizer can be fatal.

According to Health Canada, alcohol-based hand sanitizers must carry/include the following warnings on the label:

- For external use only.
- When using this product avoid contact with eyes. If contact occurs, rinse thoroughly with water.
- Stop use and ask/consult a doctor/physician/health care practitioner/health care provider/health care professional if irritation develops.
- Keep out of reach of children. If swallowed, call a poison control centre or get medical help right away.
- Flammability warning: Keep away from open flame and sources of heat.

### **Cleaning**

During the pandemic, cleaning measures will be reviewed for effectiveness and/or increased, and should include:

- Cleaning and disinfection of local workstations (computer equipment, telephones, etc.).
- Cleaning and disinfection of common areas, including kitchens, break rooms, lunchrooms, bathrooms, door handles, offices.
- Cleaning of tools, equipment controls, etc. if used by more than one employee and before/after use.

### **Social Distancing**

Social distancing refers to strategies to reduce the frequency of contact between people. Employees are encouraged to maintain distancing in public areas. The option to attend meetings should be maintained to allow those who do not feel comfortable, or who may have symptoms to participate remotely.

### **Travel**

Employees and contractors should regularly check the Government of Canada and World Health Organization information pages for up-to-date communication on the spread of the virus and specific travel advisories. When moving between Provinces or leaving the country be sure to identify the local isolation/vaccination requirements. All employees are expected to fully comply with travel/entry regulations.

### **Vaccinations**

Vaccinations against COVID-19 are now available to almost all Canadians over the age of 5. While vaccinations do not prevent all infections, the Canada Department of Public Health maintains that *“current evidence suggests that COVID-19 vaccines in Canada are effective at providing protection against the known variants of concern at this time.”* Booster shots are also available in most jurisdictions which have been shown to increase the effectiveness of the vaccine.

<https://www.canada.ca/en/public-health/services/diseases/coronavirus-disease-covid-19/vaccines/effectiveness-benefits-vaccination.html>

For more information on the vaccine or to book your appointment contact:

Alberta - <https://www.alberta.ca/covid19-vaccine.aspx#book> or call **811**

British Columbia – <https://www2.gov.bc.ca/gov/content/covid-19/vaccine/register> or call **1-833-838-2323**

Saskatchewan - <https://www.saskatchewan.ca/government/health-care-administration-and-provider-resources/treatment-procedures-and-guidelines/emerging-public-health-issues/2019-novel-coronavirus/covid-19-vaccine> or call **811**

Manitoba - <https://protectmb.ca/making-your-appointment-is-easy/> or call **1-844-MAN-VACC**

### **Fully Vaccinated**

Individuals are considered to be “fully vaccinated” if they meet one of the following:

- Two weeks has lapsed following their second dose in a two-dose series, such as the Pfizer-BioNTech Comirnaty or Moderna Spikevax vaccines
- Two weeks has lapsed following a single-dose vaccine, such as Johnson & Johnson's Janssen vaccine

After receiving one dose of a two-dose series, or less than two weeks after the final vaccine in a series, individuals are considered “partially vaccinated”.

### **Management of Cases at Work**

Any employee who experiences symptoms of COVID-19 is asked to report these to their supervisor immediately. Workers should be directed to the Self-assessment tool of the province where they are working and may be required to test and/or isolate:

Alberta:

<https://myhealth.alberta.ca/journey/covid-19/Pages/COVID-Self-Assessment.aspx>

British Columbia:

<https://bc.thrive.health/covid19/en>

Saskatchewan:

<https://public.ehealthsask.ca/sites/COVID-19>

Manitoba:

<https://sharedhealthmb.ca/covid19/screening-tool/>

Workers must then follow the guidelines for isolation and/or testing in the province in which they work. Workers must not return to work until their symptoms are gone and they have met any isolation requirements associated with their local jurisdiction.

Individuals returning to work following their isolation may be required to take additional steps (e.g. masking), adherence to these requirements is a condition of their return to work.

**REFERENCES / ADDITIONAL INFORMATION**

**Alberta:**

[www.ahs.ca](http://www.ahs.ca)

Alberta Health Link – Call 1-866-408-5465 or 811

**British Columbia:**

<http://www.bccdc.ca/health-info/diseases-conditions/covid-19>

BC Centre for Disease Control - 1-888-COVID19

**Saskatchewan:**

[www.saskatchewan.ca](http://www.saskatchewan.ca)

Saskatchewan Health Line – Call 811

[www.healthlinkbc.ca](http://www.healthlinkbc.ca)

**Manitoba:**

[www.gov.mb.ca/health](http://www.gov.mb.ca/health)

Strike SWP-80 - Use of Face Coverings – COVID-19

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