

## COVID-19 (CORONAVIRUS)

### Preventive measures in the workplace

Since January 2020, a new disease has been causing respiratory infections in several countries: COVID-19.

The disease is mainly transmitted by breathing in droplets from an infected person's cough or sneeze. Maintaining a distance of more than two meters between people is the best way to avoid breathing in these droplets. The disease can also be transmitted by coming into physical contact with a sick person (hugs, handshakes, kisses, etc.). Very rarely, the disease can also be spread by touching objects on which droplets have fallen and then touching one's eyes, nose or mouth.

The main symptoms are fever, cough, difficulty breathing (e.g. shortness of breath) or sudden loss of sense of smell without nasal congestion, with or without loss of taste. Most infected people get mildly ill and heal well. However, about one in five people will be hospitalised, and one in twenty will end up in intensive care. People with certain chronic illnesses and people 70 years of age and older have a higher risk of being very sick, being hospitalised in intensive care and dying.

#### Here are some simple steps that can be taken to prevent COVID-19:

- Keep a minimum distance of two meters from others and avoid all physical contact (including handshakes);
- Wash your hands often with soap and water or an alcohol-based hand sanitizer;
- Cough or sneeze into your elbow or into a disposable tissue;
- Clean frequently touched surfaces (e.g. tables, counters, door handles, toilets, telephones, keyboards, switches):
  - at least once per work shift,
  - with the usual cleaning products,
  - as per the manufacturer's operating instructions
- Do not show up to work if you have fever, cough or difficulty breathing (e.g. shortness of breath) or sudden loss of sense of smell without nasal congestion, with or without loss of taste.

For more information on COVID-19, visit the Government of Quebec page:

<https://www.quebec.ca/en/health/health-issues/a-z/2019-coronavirus/>

**PREVENTING INFECTIONS:**  
It's a collective responsibility

Implementation of care environment protocols

Follow recognized hygienic practices

Québec.ca/coronavirus  
Toll free: 1-877-644-4545

Votre gouvernement

Québec

The infographic features several icons: a person in a lab coat with a plus sign, a person coughing into their sleeve, a hand being thrown into a trash bin, hands being washed with soap and water, two people standing with a 2-meter distance between them, and a house icon with the text 'Stay Home'. A large blue virus particle is in the top right corner.