

Prevent the Spread

5 Healthy Hygiene Habits

to protect against viruses



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



- Throw away used tissues immediately.
- Wash your hands, especially after using tissues.
- Avoid touching your eyes, nose or mouth. Germs on your hands can transfer into your body.



- Stay home or keep your distance when you are ill or not feeling well. Stay at least 2 metres away to prevent infecting people around you.

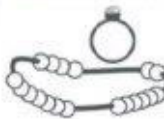


Be ready for the flu and other infectious diseases in the workplace.



How to wash your hands

1 Remove any rings or other jewellery.



2 Wet and lather your hands and wrists with soap. When using bar soap, set it on a rack to dry after use.



3 Scrub for 15-20 seconds: palm to palm, between and around fingers, back of each hand, fingertips and under nails.



4 Rinse thoroughly under running water.



5 Dry hands with a single use towel or air dryer.



6 Protect your hands from touching dirty surfaces while in the washroom, and as you leave.



information and updates



Public Health Agency of Canada



Provincial and territorial governments



Local health authorities



Local Media

10 Tips for Employers



- Provide hand washing facilities and extra sanitizing gels in key places.
- Make sure work surfaces are kept clean including door knobs and hand railings as well as shared telephones, keyboards, and boardroom tables.



- Increase the distance between workstations.
- Make sure ventilation systems are working properly.

- Allow working from home where possible.
- Develop corporate policies that let workers know what to expect in terms of sick leave and leave to care for families. Make sure workers know that they can – and should – stay home if they are not feeling well.



- Encourage workers to get a seasonal flu shot.
- Create a business continuity plan that details how you will continue to function during or after a flu and infectious disease outbreak.
- Cross train workers so that others can cover job duties if necessary.

www.ccohs.ca/outbreaks/



Staying home when sick and handwashing are the most effective ways to help slow the spread of a virus.

CCOHS.ca
Canadian Centre for Occupational Health and Safety