

## Guidance for Temporary Foreign Workers

**There are many ways to prevent the spread of COVID-19. They all combine to provide more protection.** Follow the instructions from your employer and local public health authority to help everyone stay safe and healthy. If you feel sick, tell your supervisor right away.



### Practice good hygiene

- Wash your hands often with soap and water for at least 20 seconds.
- Use hand sanitizer with at least 60% alcohol.
- Don't touch your eyes, nose, or mouth with unwashed hands.
- Cough or sneeze into the bend of your arm.
- Don't share tools, personal protective equipment (PPE), masks, toiletries, food and drink, cigarettes, or personal items.



### Quarantine or isolation

- Follow federal, provincial, and territorial quarantine and isolation requirements.
- Being fully vaccinated may reduce or eliminate the need to isolate and quarantine after travel or exposure.
- When isolating, stay away from others preferably in a separate space.
- Isolate\* from others if you are diagnosed with (or test positive for) COVID-19.
- Isolate\* from others if you have any symptom of COVID-19 **and**
  - have been exposed to someone who has (or may have) COVID-19 **or**
  - are waiting for COVID-19 test results **or**
  - the local public health authority requires you to.

\* for up to 10 days depending on your local or federal public health requirements



### When and how to wear your mask

#### Wear your mask:

- Wear your mask when required by your employer or public health authority.
- If mask wearing is not required, consider wearing one when in crowded or poorly ventilated spaces with people who are not part of your household or cohort.

#### Make sure your mask:

- Covers your nose, mouth and chin.
- Fits snugly and comfortably without gaps.
- Is not torn or damaged.
- Do not touch your mask while wearing it.
- Use a new or fresh mask each day.
- Replace mask when wet or dirty.



### Maintain physical distancing

Your employer should increase the space between you and other workers by:

- Separating your workstations and/or installing barriers between you.
- Installing traffic control lanes, arrows, and signs.
- Setting limits on how many people can be in one space at a time.
- Keeping bunks two metres apart and set head to toe.
- Assigning staggered seating in vehicles.



### Clean and disinfect

- Your employer must provide cleaning and disinfecting supplies and appropriate personal protective equipment (PPE).
- Follow cleaning and disinfecting schedules and keep a record.
- Clean and disinfect items and surfaces that are shared and touched a lot, such as handles, buttons, switches, tools, equipment, tables, chairs, and counters.
- Vehicles should be disinfected after transporting workers.
- Wash kitchenware in hot, soapy water.
- Do laundry often. Keep dirty and clean laundry separated.



### COVID-19 screening and response

- You may be screened daily for COVID-19 symptoms including cough, high fever, sore throat, difficulty breathing, and lost sense of smell/taste.
- If you feel sick, wear a mask (preferably a respirator), inform your supervisor, and stop working. You may be required to take a COVID-19 test and/or isolate.
- Call 911 if a person's symptoms are life threatening (e.g. trouble breathing).



### Improve ventilation

Work with your employer to increase ventilation by:

- Airing out work and living spaces (e.g., opening windows and doors).
- Running local air exhaust systems when indoors.
- Setting ventilation systems to the maximum air exchange rate, if possible.



### You may be asked to stay in a small team (cohort)

- As a group, you will work, travel, eat, live, and socialize together.
- Avoid interacting with other cohorts, if possible.
- Consider only traveling into the local community if you must, such as for grocery shopping and medical appointments.