



Coronavirus (COVID-19)

The health and well-being of the people who work at TNT Crane & Rigging Canada Inc. is our top priority. We continue to monitor the situation COVID-19 closely, and we will do everything we can to support and maintain a safe work environment.

INFORMATION FOR EMPLOYEES

Alberta & B.C. public health officials are recommending the following actions as a precaution:

Employees should self-isolate and call AB [Health Link 811](#) or [Health Link BC](#) additional precautions and follow-up testing if they have travelled to anywhere outside of Canada or experienced any of the following:

- contact with someone who was suspected or confirmed to have the novel coronavirus
- were in a health-care facility
- have symptoms, such as cough or fever

If an employee does not meet the exposure criteria above, they do not need to stay away from work, and do not need any testing or a physician's note to attend work.

If an employee is required to self-isolate:

Employees and employers will work together to explore alternate working arrangements. This may include:

- Working from home or remotely
- Doing work that does not require the employee to contact other people in the at work.
- If an employee must self-isolate and working from home is not an option, the government of Canada is offering Employment insurance sick leave for 14 day isolation period and waved the 1 week waiting period.

[Canada Employment Insurance](#)

TRAVELLING

All employees returning from outside Canada must self-isolate until 14 days have passed since that trip, even if feeling well:

- monitor for symptoms such as cough, fever, or difficulty breathing for 14 days
- isolate yourself and call AB [Health Link 811](#) or [Health Link BC](#) for testing if you:
 - feel ill after returning and/or experience symptoms
 - were in contact with someone diagnosed with COVID-19
 - were in a health-care facility in an affected country

If you develop symptoms, call AB [Health Link 811](#) or [Health Link BC](#) for instructions and testing.

HOW TO SELF-ISOLATE

Follow these [self-isolation guidelines](#):

- Avoid close contact with others, especially seniors and people with chronic conditions or compromised immune systems
- Do not go to work, school, social events or any other public gatherings
- Watch for symptoms like fever, cough or difficulty breathing
- Call AB [Health Link 811](#) or [Health Link BC](#) for testing if any symptoms begin.



PREVENTION & TREATMENT

Prevention

There is currently no vaccine to prevent coronavirus disease 2019 (COVID-19). The best way to prevent illness is to avoid being exposed to this virus. However, as a reminder, CDC always recommends everyday preventive actions to help prevent the spread of respiratory diseases, including:

- Avoid close contact with people who are sick.
- Avoid touching your eyes, nose, and mouth.
- Stay home when you are sick.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash.
- Clean and disinfect frequently touched objects and surfaces using a regular household cleaning spray or wipe.
- Follow CDC's recommendations for using a facemask.
 - CDC does not recommend that people who are well wear a facemask to protect themselves from respiratory diseases, including COVID-19.
 - Facemasks should be used by people who show symptoms of COVID-19 to help prevent the spread of the disease to others. The use of facemasks is also crucial for [health workers](#) and [people who are taking care of someone in close settings](#) (at home or in a health care facility).
- Wash your hands often with soap and water for at least 20 seconds, especially after going to the bathroom; before eating; and after blowing your nose, coughing, or sneezing.
 - If soap and water are not readily available, use an alcohol-based hand sanitizer with at least 60% alcohol. Always wash hands with soap and water if hands are visibly dirty.

Treatment

There is no specific antiviral treatment recommended for COVID-19. People with COVID-19 should receive supportive care to help relieve symptoms. For severe cases, treatment should include care to support vital organ functions.

People who think they may have been exposed to COVID-19 should contact their healthcare provider immediately.

SYMPTOMS

Watch for Symptoms

Reported illnesses have ranged from mild symptoms to severe illness and death for confirmed coronavirus disease 2019 (COVID-19) cases.

The following symptoms may appear **2-14 days after exposure**:





Call Your Doctor if You:

- Develop symptoms, and have been in close contact with a person known to have COVID-19 or
- Have recently traveled from an area with widespread or ongoing community spread of COVID-19

PREVENTING WORKPLACE EXPOSURE

Recommended Strategies

- Actively encourage sick employees to stay home:
 - Employees who have symptoms of acute respiratory illness are recommended to stay home and not come to work until they are free of fever (100.4° F [37.8° C] or greater using an oral thermometer), signs of a fever, and any other symptoms for at least 24 hours, without the use of fever-reducing or other symptom-altering medicines (e.g. cough suppressants). Employees should notify their supervisor and stay home if they are sick.
- Separate sick employees:
 - CDC recommends that employees who appear to have acute respiratory illness symptoms (i.e. cough, shortness of breath) upon arrival to work, or become sick during the day, should be separated from other employees and be sent home immediately. Sick employees should cover their noses and mouths with a tissue when coughing or sneezing (or an elbow or shoulder if no tissue is available).
- Coughing & Sneezing Etiquette
 - Cover your mouth and nose with a tissue when you cough or sneeze.
 - Put your used tissue in a waste basket.
 - If you don't have a tissue, cough or sneeze into your upper sleeve, not your hands.
- Wash your hands after coughing or sneezing
 - Wash with soap and water for at least 20 seconds – as if you have been cutting jalapeno peppers and it is time to take your contacts out of your eyes.
- Keeping hands clean through improved hand hygiene is one of the most important steps we can take to avoid getting sick and spreading germs to others. Many diseases and conditions are spread by not washing hands with soap and clean, running water. If clean, running water is not accessible, as is common in many parts of the
- world use soap and available water. If soap and water are unavailable, use an alcohol-based hand sanitizer that contains at least 60-95% alcohol to clean hands.
- Routinely clean all frequently touched surfaces in the workplace, such as workstations, countertops, and doorknobs. Use the cleaning agents that are usually used in these areas and follow the directions on the label.