

## What is COVID-19?

We know you have questions and you might be worried about how COVID-19 will impact you and your ability to work.

COVID-19 is a virus that makes some people very sick. This is not like a normal cold. This is different. Typical symptoms include fever, cough and trouble breathing.

It is important that we all take steps to reduce to spread of this virus.

## What can I do to help?

- Wash your hands **often** with soap and water for 20 seconds and dry your hands with paper towel. Do not use an air blower.
- Do not touch your face with unclean hands.
- Avoid sneezing or coughing into hands or into the open air, instead use the inside of your elbow sleeves or tissues and dispose of used tissues immediately.
- Maintain a distance of 2m (6ft) from everyone. Do this everywhere:
  - When you're having lunch
  - When you're working
  - When you're watching TV
  - When you're in the bunkhouse
  - When you're in town
- Allow only essential visitors (cleaning services, exterminators, etc.) into the bunkhouse. Maintain a distance of at least 2m (6ft) from everyone.
- Work with your employer to create a schedule for meals, showers and laundry times to limit the number of people in a room.
- Avoid sharing household items like dishes, drinking glasses, cups, eating utensils, towels, bedding or other personal items. After use, these items should be washed with soap in warm water.
- Do not share cigarettes or vaping products.
- Avoid all trips off farm. Ask your employer to get you the supplies you need.
- If you must go into town:
  - Go by yourself or in a small group, we recommend no more than 4 people.
  - Do not stand in groups, either in shops or in the street.
  - Maintain a distance of 2m (6ft) from everyone, including your friends.
  - Be aware that the police might approach you and ask you to spread out if you are standing too close.
- Keep your bunkhouse extra clean. Disinfect all surfaces often especially things that are touched often like light switches and door handles. Ask your employer for the right cleaning products. Regular household cleaners work well.

- Be aware of your health and possible symptoms. If you feel sick go through the following steps:
    - **Do you have a fever, cough, sore throat, muscle aches, diarrhea and nausea? If you have these symptoms STAY HOME. Call your supervisor and avoid all contact with others. Cover coughs/sneezes with the inside of your elbow or a tissue. Throw out used tissues in garbage and clean hands immediately.**
    - DO NOT go to a walk-in clinic or hospital. Stay home and call your supervisor or family doctor's office. If you are very unwell and are very short of breath you will need to see a doctor.
    - If you do not have a family doctor, ask your supervisor to contact the local Community Health Centre on your behalf.
    - Please follow the rules strictly if you have to self-isolate.
- A general COVID-19 information sheet is available in many languages (including Spanish) on the [Ontario government website](https://www.ontario.ca/covid).
- We know this is scary, if you are feeling stressed and need to talk to someone, the following resources can be helpful:
    - Telehealth Ontario at 1-866-797-0000
    - Mental Health Helpline (National) at 1-866-531-2600
    - Local Canadian Mental Health Association offices (<https://cmha.ca/find-your-cmha>)
    - [Multicultural Mental Health Resource Centre](#)
  - **Load the HUB Connect App on your phone to get the most recent updates.** [Google](#) [Apple](#) (especially for workers in the Leamington-Kingsville area)



**Following these steps will help to keep you healthy and on the job!**