

← **DON'T LET YOUR  
GUARD  
DOWN** →



## **STAY HOME IF UNWELL & ARRANGE TESTING**

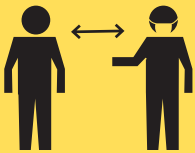
Complete a COVID-19 screening daily before attending the workplace. Stay home if you have ANY symptom(s). Contact VTAC at 1-844-727-6404.



## **WEAR A MASK** as much as possible:

- indoors AND outdoors
- when physical distancing is difficult to maintain
- when travelling in vehicles

**Use PPE as directed (i.e. eye protection)**



## **STAY 2 METRES APART** whenever possible:

- while working
- at breaks and meal times



## **STAY SAFE DURING BREAK TIMES & OFF-HOURS**

- keep physical distance, especially if mask is removed to eat or drink
- wear a mask, indoors and outdoors
- practice hand hygiene frequently (i.e. eating, washroom, using equipment, etc.)
- connect virtually with coworkers in off-hours



**CLEAN SHARED ITEMS** before and after use. Avoid sharing equipment and tools whenever possible.

**ATTENTION**

**OUTBREAK**



**PREVENTION**



**Renfrew County and District Health Unit**

"Optimal Health for All in Renfrew County and District"

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