



## COVID-19

With the growing concern around COVID-19 and the changes to our daily routines coupled with the issues currently in our industry; we want to ensure that both our workers and their families are aware of the risks and know the prevention methods that can be taken to lower these risks.

The best source of accurate information can be obtained from the BC Centre for Disease Control (BCCDC) at the following website:  
<http://www.bccdc.ca/health-info/diseases-conditions/covid-19/common-questions>

In addition to the information on the BCCDC website adhere to the following practices:

### **Clean Hands Often**

- Wash your hands often with soap and water for at least 20 seconds (alternately use hand sanitizer).

### **Stay at Home If You Are Sick**

- Not only from work, but also stay at home unless you need medical care.

### **Social Distancing**

- Stagger office time (e.g. start/end times and breaks)
- If weather is fair, consider taking your break outside

### **Personal Contact**

- Don't share food or drinks
- Wear gloves if handling things that are being handled by others (e.g. load slips)

### **Travel and/or Contact with possible Infected Individuals**

- Self-Isolate for two-weeks – Mandatory

