

SUBJECT: COVID-19 (CORONAVIRUS) IN THE WORKPLACE
Version: March 19, 2020

Since January 2020, a new disease caused by a coronavirus has been causing respiratory infections in several countries: COVID-19. In Quebec, the spread of the coronavirus is currently under control, but the next few weeks will be critical. For that reason, several important measures have been taken by the government to limit the spread. Workplaces that are still open must collaborate by applying the recommended preventive measures against COVID-19.

Attached is a fact sheet explaining the recommended preventive measures for all workplaces. We recommend that you quickly distribute this fact sheet to all your workers and post it in your workplaces.

Recommendations

- Anyone with a cough, fever or difficulty breathing is advised to stay home.
- Voluntary isolation for 14 days is recommended for workers returning from abroad. This isolation is mandatory for public service, health, education and childcare workers. Do not require a doctor's note for employees who must place themselves in voluntary isolation.
- Recommend telework whenever possible.
- Encourage your employees to wash their hands often. Wash basins with running water and soap should be available for this purpose. Alternatively, disinfectant gels could be provided and used.
- Cancel unnecessary meetings and gatherings and limit the number of people in dining areas.
- Encourage social distancing whenever possible.
- As recommended by governments, we invite you to avoid non-essential travel abroad. See the [Government of Canada's Travel Advice](#) and the [Government of Quebec's Travel Advice](#).

Documents to post in the workplace

The following Government of Quebec documents can be posted in the workplace:

- [Staying at Home Saves Lives](#)
- [Hand washing - Simple and effective](#)
- [Coughing or sneezing without contaminating](#)

Pandemic Preparedness Plan

To update or develop your pandemic preparedness plan, the following documents may be useful:

- [Guide - Preventive Measures in the Context of an Influenza Pandemic: for Employers and Workers in Québec](#) - the preventive measures recommended in this guide for influenza may apply to COVID-19.
- [Getting your workplace ready for COVID-19 from the World Health Organization](#)
- [Interim Guidance for Businesses and Employers from the Centres for Disease Control and Prevention](#)

For more information on COVID-19, visit the [Government of Quebec page](#).

For specific questions on occupational health and safety, labour standards and compensation, see the CNESST's [Questions and Answers on COVID-19](#) page.

For more specific questions about your workplace, please contact CNESST or your regional public health department in your area (819 966-6484, extension 337580).