



## COVID-19 (CORONAVIRUS)

### Preventive measures in the workplace

Since January, a new disease has been causing respiratory infections in several countries: COVID-19.

The disease is mainly transmitted by breathing in droplets from an infected person's cough or sneeze. It can also be spread by touching objects on which droplets have fallen and then touching one's eyes, nose or mouth.

The main symptoms are fever, cough or difficulty breathing. Most infected people get mildly ill and heal well. People with chronic illnesses (e.g. diabetes, heart and lung disease) and people 70 years of age and older have a higher risk of being very sick.

#### Here are some simple steps that can be taken to prevent COVID-19:

- Cough or sneeze into your elbow or into a disposable tissue;
- Wash your hands often with soap and water or an alcohol-based hand sanitizer;
- Keep your distance and avoid shaking hands;
- Clean frequently touched surfaces (e.g. tables, counters, door handles, toilets, telephones, keyboards):
  - at least once a day,
  - with regular cleaning products and a damp cloth,
  - as per the manufacturer's operating instructions,
- Avoid going to work if you have symptoms of a respiratory infection.

For more information on COVID-19, visit the Government of Quebec page:

<https://www.quebec.ca/en/health/health-issues/a-z/2019-coronavirus/>

**PREVENTING INFECTIONS:**  
It's a collective responsibility

Implementation of care environment protocols

Follow recognized hygienic practices

Québec.ca/coronavirus  
Toll free: 1-877-644-4545

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