

1

Protect yourself and others first

Outside of Work

- Masking
- Physical distancing
- Hand hygiene
- Follow Public Health limits on gatherings and activities in the community
- Monitor your health/Rapid test

When at Work

- Work from home (when possible)
- Proper medical masking (no cloth masks)
- Hand hygiene
- Distance from co-workers (including while eating/drinking)
- Mask when carpooling with co-workers
- Monitor your health twice a day



2

If you test positive for COVID-19

- Self-isolate immediately and follow Public Health/OHSW guidance
- Contact OHSW (see numbers below)

3

If you are a close contact of a positive COVID-19 case

- Self-isolate immediately and follow Public Health/OHSW guidance
- Contact OHSW (see numbers below)
- Book PCR test



4

If your household contact tests positive for COVID-19

- Self-isolate
- Contact OHSW (see numbers below)
- Book PCR test

Contact OHSW (Occupational Health, Safety & Wellness)

902-221-8900 PRIORITY CALLS

For those working on-site over the holidays, especially teams with high volumes/acuity and staffing challenges, or potential exposures who have been at work in the past 48 hours.

902-497-3937 ALL OTHER CALLS

Including those who can work from home, on vacation or not scheduled to work over the holidays. Please leave a message and OHSW will return your call as soon as possible.