

Hello:

The following information is what all Businesses need to have in place while operating, to ensure compliance with Reopening of Ontario Act (ROA).

All Businesses must actively screen their employees/independent contractors/renters; have a safety plan completed and posted; capacity signs posted (unless otherwise not required due to proof of vaccination); mask signs, and signs and symptoms posted for customers to see and screen themselves. The list, direct links and posters have been provided.

Download COVID-19 screenings:

<https://covid-19.ontario.ca/download-covid-19-screenings#2.-worker-and-employee-screening>

Guide to developing your COVID-19 workplace safety plan: ([must be completed and posted for employees and the public to see](#))

<https://www.ontario.ca/page/guide-developing-your-covid-19-workplace-safety-plan>

Signs and symptoms of COVID-19 – Attached

Chatham-Kent and Public Health Ontario hand washing and distancing signage – poster attached

A plan to safely reopen Ontario and manage COVID-19 for the long-term:

<https://www.ontario.ca/page/reopening-ontario>

Proof of Vaccination Guidance under the Reopening Ontario Act, 2000:

[Proof of Vaccination Guidance under the Reopening Ontario Act](#)

General Information you need to know when providing services:
<https://www.ontario.ca/laws/regulation/200364>

Ontario Regulation 364/20.

General Compliance 2(7)

A person shall wear appropriate personal protective equipment that provides protection of the person's eyes, nose and mouth if, **in the course of providing services, the person,**

- (a) is required to come within 2 metres of another person who is not wearing a mask or face covering in a manner that covers that person's mouth, nose and chin during any period when that person is in an indoor area

<https://covid-19.ontario.ca/public-health-measures>

Personal protective equipment including eye protection

Everyone must wear a mask or face covering that covers their mouth, nose and chin inside any business or place that is open (with some [exceptions](#)).

Workers must wear appropriate personal protective equipment (PPE) that protects their eyes, nose and mouth, if in the course of providing services they are:

- required to come within 2 metres of another person who is not wearing a mask or face covering when in an indoor area
- not separated by plexiglass or some other impermeable barrier

I have included additional guidance for employers, owners and operators of businesses and workplaces to assist with COVID-19 prevention in places of work:

[Chatham-Kent COVID-19 Guide and Toolkit](#)

[Chatham-Kent Information for Workplaces](#)

[Chatham-Kent food service memo for Owners/Operators](#)

[Chatham-Kent Face Covering resource](#)

Ontario Regulation 364/20: Rules for Areas at Step 3 and at the Roadmap Exit Step: [O. Reg. 364/20: RULES FOR AREAS AT STEP 3 AND AT THE ROADMAP EXIT STEP \(ontario.ca\)](https://www.ontario.ca/laws/reg/20/364.html)

Shopping and Retail

Retailers

10. (1) Businesses that engage in retail sales to the public may open if they comply with the following conditions:

1. The person responsible for the establishment must post a sign in a conspicuous location visible to the public that states the capacity limits under which the establishment is permitted to operate.
2. If the business permits members of the public to test drive any vehicles, boats or watercraft,
 - i. the members of the public must be actively screened in accordance with the advice, recommendations and instructions of the Office of the Chief Medical Officer of Health before they participate in the test drive, and
 - ii. all participants in the test drive must wear a mask or face covering in a manner that covers their mouth, nose and chin, unless they are entitled to any of the exceptions set out in subsection 2 (4) of Schedule 1.

(2) For greater certainty, the total number of patrons permitted indoors in the establishment must be limited to the number that can maintain a physical distance of at least two metres from every other person in the establishment.

(3) Despite subsection 32 (2) of Ontario Regulation 268/18 (General) made under the *Smoke-Free Ontario Act, 2017*, a person responsible for a specialty vape store as defined in that Regulation that is permitted to be open in accordance with the conditions described in subsection (1) shall not permit an electronic cigarette to be used for the purpose of sampling a vapour product in the specialty vape store.

(4) Cannabis retail stores operating under the authority of a retail store authorization issued under the *Cannabis Licence Act, 2018* may open if they comply with the

conditions set out in subsection (1) and provide products to patrons through in-person sales or through an alternative method of sale, such as curbside pick-up or delivery.

Shopping malls

11. Shopping malls may open if the person responsible for the shopping mall ensures that the following conditions are complied with:

1. Members of the public who enter the shopping mall must not be permitted to loiter in any area of the shopping mall.
2. The number of members of the public in the shopping mall at any one time must not exceed the total capacity determined by taking the sum of the capacities of every business in the mall, as permitted under subsection 10 (2).

Ontario Regulation 364/20: Rules for Areas at Step 3 and at the Roadmap Exit Step under Reopening Ontario Act

Personal care services

8. (1) Personal care services relating to the hair or body, including hair salons and barbershops, manicure and pedicure salons, aesthetician services, piercing services, tanning salons, spas and tattoo studios, may open if they comply with the following conditions:

1. Persons who provide personal care services in the business must wear appropriate personal protective equipment.
2. For greater certainty, subsection 3 (1) of Schedule 1 must be complied with.
3. The person responsible for the establishment must post a sign in a conspicuous location visible to the public that states the capacity limits under which the establishment is permitted to operate.
4. Oxygen bars must be closed.
5. Individuals must be actively screened in accordance with the advice, recommendations and instructions of the Office of the Chief Medical Officer of Health before they enter the establishment.
6. No member of the public may be permitted to enter the premises except by appointment.

(1.1) Paragraph 3 of subsection (1) does not apply in a location in respect of which an election has been made under section 2.2 of Schedule 1 during the period when the election is in effect.

(2) Subsection (1) does not apply to hair and makeup services described in section 20.”

Ontario Regulation 364/20: Rules for Areas at Step 3 and at the Roadmap Exit Step under Reopening Ontario Act

**SCHEDULE 2
SPECIFIC RULES AT STEP 3**

Food and drink

RESTAURANTS

1. (1) Restaurants, bars, food trucks, concession stands and other food or drink establishments may open if they comply with the following conditions:

1.-3. REVOKED: O. Reg. 727/21, s. 2 (1).

4. The person responsible for the establishment must actively screen any dine-in patrons in accordance with the advice, recommendations and instructions of the Office of the Chief Medical Officer of Health before they enter the establishment.

5. The person responsible for the establishment must,

- i. record the name and contact information of every patron that enters an area of the establishment, unless the patron temporarily enters the area to place, pick up or pay for a takeout order,
- ii. maintain the records for a period of at least one month, and
- iii. only disclose the records to a medical officer of health or an inspector under the *Health Protection and Promotion Act* on request for a purpose specified in section 2 of that Act or as otherwise required by law.

6. No patron shall dance at the establishment.

(2) For greater certainty, the person responsible for the establishment must prepare a safety plan in accordance with section 3.3 of Schedule 1.

(3) Paragraphs 4 and 5 of subsection (1) do not apply with respect to an establishment which requires all dine-in patrons to order or select their food or drink at a counter, food bar or cafeteria line and pay before receiving their order.

(4) Paragraph 4 of subsection (1) does not apply,

(a) with respect to establishments on hospital premises or in an airport; or

(b) with respect to an establishment located within a business or place if the only patrons permitted at the establishment are persons who perform work for the business or place in which the establishment is located.

(5) For greater certainty, any business, place, facility or establishment at which food or drink is sold or served, including those referred to in section 4 of Schedule 1 and in sections 4 and 5, paragraph 1 of section 18, and sections 22, 24, 25, 26, 27, 28, 31, 32 and 33 of this Schedule, is a food or drink establishment to which this section applies,

(a) at any time when food or drink is served or sold at the business, place, facility or establishment; and

(b) in any part of the business, place, facility or establishment where the food or drink is served or sold.

(5.1) REVOKED: O. Reg. 727/21, s. 2 (3).

(6) For greater certainty, a restaurant, bar, food truck, concession stand or other food or drink establishment that is in compliance with the conditions set out in subsection (1) may open in any business or place that is otherwise permitted to open under this Order.

(7) For greater certainty, this section does not apply to food or drink establishments where dance facilities are provided, during a time when patrons are permitted to make use of the dance facilities.

(8) REVOKED: O. Reg. 727/21, s. 2 (4).

Food or drink establishments with dance facilities

2. (1) Food or drink establishments where dance facilities are provided, including nightclubs, restoclubs and other similar establishments, may open if they comply with

the following conditions during any time when patrons are permitted to make use of the dance facilities:

1. In the case of an indoor establishment, the total number of members of the public permitted to be in the establishment at any one time must be limited to the number that can maintain a physical distance of at least two metres from every other person in the establishment and in any event may not exceed 25 per cent capacity, as determined in accordance with subsection 3 (4) of Schedule 1, or 250 persons, whichever is less.
2. In the case of an outdoor establishment, the total number of members of the public permitted to be at the establishment at any one time may not exceed 75 per cent capacity, as determined in accordance with section 3.0.1 of Schedule 1, or 5,000 persons, whichever is less.
3. The establishment must be configured so that patrons seated at different tables are separated by,
 - i. a distance of at least two metres, or
 - ii. plexiglass or some other impermeable barrier.
4. Every patron in an outdoor establishment must wear a mask or face covering in a manner that covers their mouth, nose and chin, unless they are entitled to any of the exceptions set out in subsection 2 (4) of Schedule 1, or are seated with members of their own household only, and every member of the household is seated at least two metres from every person outside their household.
5. The person responsible for the establishment must post a sign in a conspicuous location visible to the public that states the capacity limits under which the establishment is permitted to operate.
6. The person responsible for the establishment must actively screen patrons in accordance with the advice, recommendations and instructions of the Office of the Chief Medical Officer of Health before they enter the premises of the establishment.
7. The person responsible for the establishment must,

- i. record the name and contact information of every patron that enters an area of the establishment,
- ii. maintain the records for a period of at least one month, and
- iii. only disclose the records to a medical officer of health or an inspector under the *Health Protection and Promotion Act* on request for a purpose specified in section 2 of that Act or as otherwise required by law.

(2) For the purposes of paragraph 4 of subsection (1), the references to “indoor area” in clauses 2 (4) (i) and (l) of Schedule 1 shall be read as “outdoor area”, and for greater certainty patrons are permitted to remove a mask or face covering temporarily to consume food or drink, or as may be necessary for the purposes of health and safety.

(3) For greater certainty, the person responsible for the establishment must prepare a safety plan in accordance with section 3.3 of Schedule 1.

(4) Subsection 3.1 (4) of Schedule 1 continues to apply to patrons of the dance facility, except when physical distancing cannot be maintained while participating in the activities for which patrons normally frequent such an establishment.

(5) The physical distancing described in subsections 3 (1) and 3.1 (4) of Schedule 1 is not required when patrons are seated together at a table in an establishment to which this section applies.

(6) For greater certainty, any business, place, facility or establishment at which food or drink is sold or served while dance facilities are provided, including any business, place, facility or establishment referred to in section 4 of Schedule 1 and in sections 24, 25, 27 and 28 of this Schedule, is a food or drink establishment to which this section applies,

- (a) at any time when food or drink is served or sold at the business, place, facility or establishment while dance facilities are provided; and
- (b) in any part of the business, place, facility or establishment where the food or drink is served or sold and dance facilities are provided.

(7) For greater certainty,

- (a) the indoor capacity limits set out in paragraph 1 of subsection (1) apply to each particular room in a business, place, facility or establishment referred to in subsection (6) where dance facilities are provided during the periods of time when dancing is permitted; and
- (b) the outdoor capacity limits set out in paragraph 2 of subsection (1) apply to each outdoor area at a business, place, facility or establishment referred to in subsection (6) where dance facilities are provided during the periods of time when dancing is permitted.

COVID-19 safety plan

Use this template to document how your organization will keep workers and other people safe at your workplace during the COVID-19 pandemic. [How to develop your COVID-19 safety plan: A guide for Ontario workplaces](#) explains what you should think about and gives examples to help you come up with your plan.

Company details

Business name:

Revision date:

Date completed:

Developed by:

Division/group:

Others consulted:

Date distributed:

Provide as much information in response to each question as possible. This will help your workers and other people to know exactly what to do and what to expect.

The final page will help you create a snapshot version of your plan to post in the workplace. This can act as a reference for workers and let others who come into your workplace know what you are doing to help keep everyone in your workplace safe.

The COVID-19 pandemic is an evolving situation – review your plan regularly and make changes as required. Refer to the Ontario government’s [COVID-19 website](#) for up-to-date information.

1. How will you ensure all workers know how and are able to keep themselves safe from exposure to COVID-19?

Consider: What guidance will you need to provide? How will you share information? Do you need new or more frequent types of communication? Where will you update yourself on new COVID-19 guidance?

Example: Ensure our procedures are up to date by a daily review of Ministry of Health guidance.

Actions:

- [List your actions here. Note who is responsible for each action.]

2. How will you screen for COVID-19?

Consider: How you will stay current about what symptoms to look for? Will you use a screening checklist? Who will do the screening? Who needs to be screened and how often?

Example: To find out if workers are well when they come to work, we will ask each worker basic questions about their physical health and symptoms using the provincial list of COVID-19 symptoms.

Actions:

- [List your actions here. Note who is responsible for each action.]

3. How will you control the risk of transmission in your workplace?

Include how you will maximize distance and separation, reduce transmission from surfaces and objects, and support good hand and respiratory hygiene.

Consider: What [engineering and administrative controls](#) will you use? What changes will you make? Who needs to be in the workplace? How will you gather worker ideas about different ways of working?

Example: We have a new policy that limits time in the kitchen to 10 minutes, we have created a new outdoor break area in our parking lot and have changed how we schedule shifts and breaks.

Actions:

- [List your actions here. Note who is responsible for each action.]

4. What will you do if there is a potential case, or suspected exposure to, COVID-19 at your workplace?

Consider: What is the contact information for your local public health unit? What are your isolation procedures? How will you gather workplace contact information for public health contact tracing?

Example: We have designated a safe isolation area in the workplace and created a checklist with the procedures of what to do if someone gets sick at work, including key contact numbers.

Actions:

- [List your actions here. Note who is responsible for each action.]

5. How will you manage any new risks caused by changes to the way you operate your business?

Consider: With workers, review existing critical risks and whether work practice changes will affect your current risk management strategy. Are any new risks introduced due to changes in worker numbers or work practices? What new risk controls are required?

Example: We will establish regular check-ins with workers about how they're coping with the change to shift work.

Actions:

- [List your actions here. Note who is responsible for each action.]

6. How will you make sure your plan is working?

Consider: How often will you schedule a review of your plan? How will you get input and ideas from workers and clients? Who is responsible for evaluating how things are working and for adapting the plan as you find better/easier ways to do things? How will you communicate changes?

Example: We will set up a weekly meeting between the CEO and the health and safety representative.

Actions:

- [List your actions here. Note who is responsible for each action.]

COVID-19 safety plan – snapshot

This snapshot can be posted in a place where it can be seen easily so your workers, clients and other people entering the workplace will know what actions are being taken.

Business name:

Division/group:

Date completed:

Revision date:

Measures we're taking

How we're ensuring workers know how to keep themselves safe from exposure to COVID-19

- [List your measures here.]

How we're screening for COVID-19

- [List your measures here.]

How we're controlling the risk of transmission in our workplace

Physical distancing and separation

- [List your measures here.]

Cleaning

- [List your measures here.]

Other

- [List your measures here.]

What we will do if there is a potential case, or suspected exposure to, COVID-19 at our workplace

- [List your measures here.]

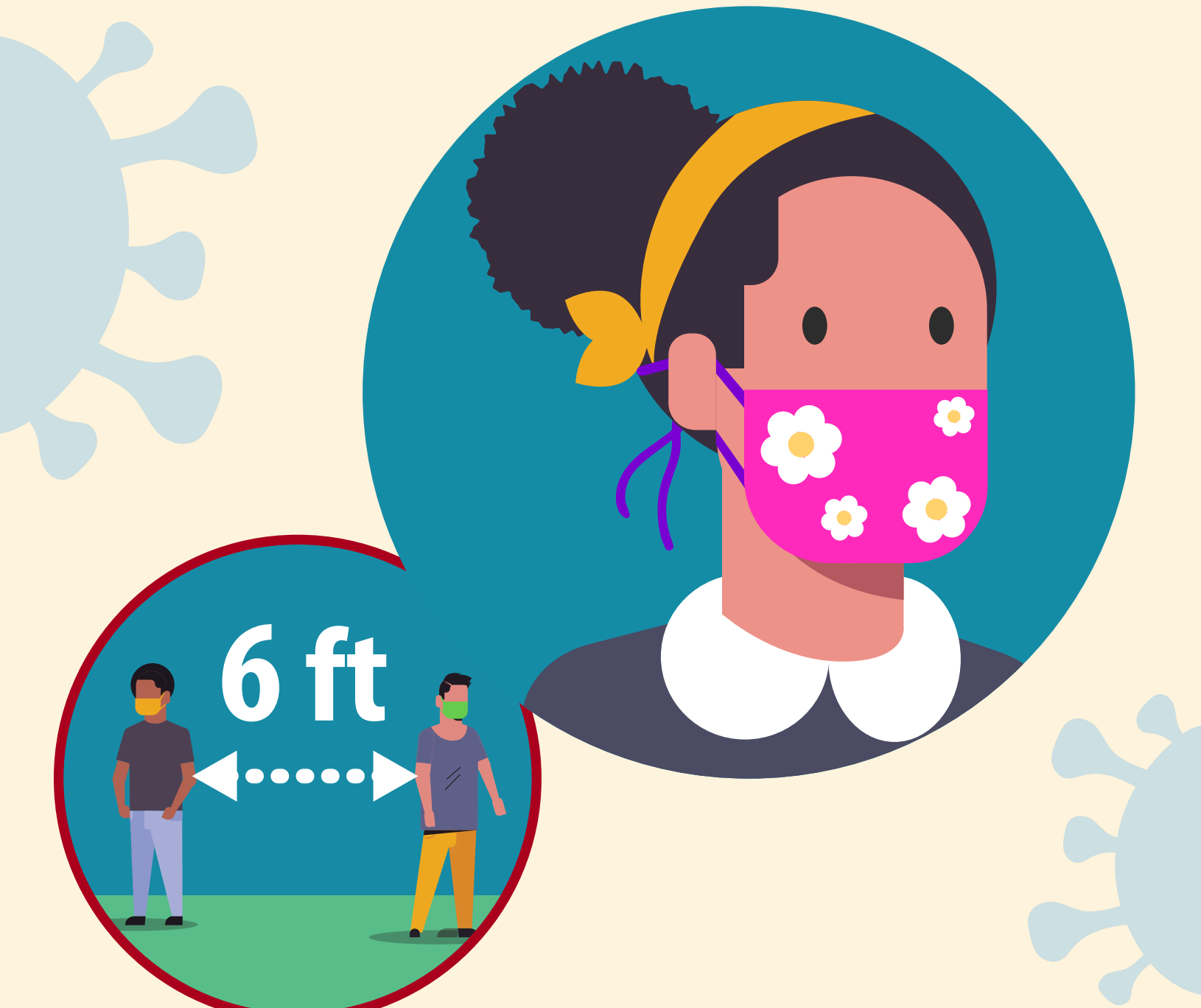
How we're managing any new risks caused by the changes made to the way we operate our business

- [List your measures here.]

How we're making sure our plan is working

- [List your measures here.]

Please wear a mask.



Stay at least 6 feet apart
from others.



cdc.gov/coronavirus

Attention Visitors



If you have any of the following symptoms of **COVID-19**:

- fever
- new onset of cough
- chills
- unexplained fatigue
- headache
- sore throat
- runny nose
- stuffy or congested nose
- lost sense of taste or smell
- difficulty breathing
- difficulty swallowing
- pink eye
- digestive issues (nausea/vomiting, diarrhea, stomach pain), or
- for young children and infants: sluggishness or lack of appetite

OR you have been exposed to someone with COVID-19 or someone who has developed new respiratory symptoms, **please delay your visit AND contact either your health care provider, Telehealth Ontario (1-866-797-0000), or visit an Assessment Centre for testing.**

Ontario





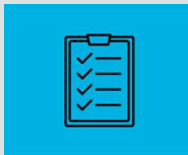
COVID-19 Workplace Resources

General Rules to Reopening and operating safely:

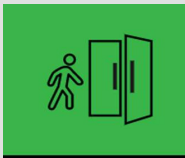
Vaccine Certificates



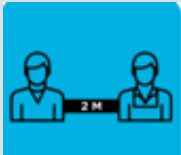
Safety Plan



Screening



Physical Distancing



Cleaning & Disinfecting



Face Coverings



Questions?

Call: Stop the Spread Information Line
1-888-444-3659

COVID-19 Vaccines for Ontario:

For information regarding vaccine rollout in Ontario, where you can book an appointment, and how, please see the resources below:

[Ontario's Vaccination Plan](#)
[Vaccine Safety](#)
[Get your vaccine receipt](#)

Information on Vaccine Certificates:

Ontario to require proof of vaccination in select settings.

[Learn about Vaccine Certificates](#)
[Proof of Vaccination Guidance for Businesses](#)
[Vaccination Q & A's for Businesses](#)
[Proof of Vaccination Poster](#)

Workplace Resources:

Know your responsibilities as an employer. Access sector-specific guidance, find PPE and sanitization suppliers, access posters in multiple languages and use the new safety plan builder.

[Resources to prevent COVID-19 in the workplace](#)
[Safety Plan Builder](#)
[Workplace PPE supplier directory](#)

For additional guidance documents and videos specific to your sector contact your local Health and Safety Association:

- [Infrastructure Health and Safety Association;](#)
- [Public Service Health and Safety Association;](#)
- [Workplace Safety North;](#)
- [Workplace Safety and Prevention Services;](#)

Mandatory Screening:

Post signs at all entrances to the premises of the business or organization, in a conspicuous location visible to the public, that inform individuals on how to screen themselves for COVID-19 prior to entering the premises;

[Covid-19 - Signage Questions for Patrons to Self-Screen prior to Entry](#)
[Covid-19 - Active Screening Questions for Patrons \(where applicable\)](#)

Actively screen every person who works at the business or organization before they enter the premises of the business or organization.

[Covid-19 - Required screening questions for Workers](#)
[Worker and Employee Online Active Screening Tool](#)



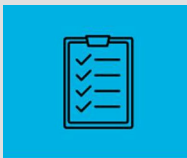
COVID-19 Workplace Resources

General Rules to Reopening and operating safely:

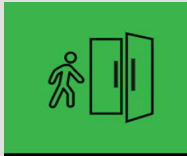
Vaccine Certificates



Safety Plan



Screening



Physical Distancing



Cleaning & Disinfecting



Face Coverings



Questions?

Call: Stop the Spread Information Line
1-888-444-3659

Additional Supports:

Businesses may also find resources that offer mental health support, digital and e-commerce tools, financial planning, personalized advice through the Small Business COVID-19 Recovery Network, and information on other programs available provincially and nationally.

[Get Local COVID-19 Recovery Support](#)

Protocols for workers testing positive for COVID-19:

If an employer is advised that a worker has tested positive for COVID-19 due to exposure at the workplace, or that a claim has been filed with the Workplace Safety and Insurance Board (WSIB), the employer is required to notify:

- The Ministry of Labour, Training and Skills Development in writing within four days. Call the ministry's **Health and Safety Contact Centre 1-877-202-0008**.
- The workplace joint health and safety committee or a health and safety representative
 - A trade union (if applicable)

Questions:

If you have any additional questions relating to Occupational Health and Safety in the workplace, please contact the Occupational Health and Safety contact centre 1-877-202-0008.

You may also contact the **Stop the spread Business Information Line** at 1-888-444-3659. Help is available from Monday to Sunday, from 8:30 a.m. – 5:00 p.m.

We want to hear from you. Please tell us about the quality of your interaction with our staff. You can provide feedback at 1-888-745-8888 or ontario.ca/inspectionfeedback

Votre opinion nous importe. Dites-nous ce que vous pensez de la qualité de vos interactions avec notre personnel. Transmettez-nous vos commentaires au 1-888-745-8888 ou ontario.ca/retroactioninspection

CK Public Health Guide to

Self-Isolate at Home



**Helpful information about how
to safely self-isolate at home
during the COVID-19 outbreak.**



519-355-1071 x1900



www.ckpublichealth.com/covid19



covid19@chatham-kent.ca

 **Chatham-Kent
Public Health**

Self-Isolate at Home

If you have been told to self-isolate by a healthcare professional, do not go out in the community.



Stay home and avoid:

- **going to work, school, or other public places**
- **using public transit, taxis, or rideshares**
- **hanging out with friends or family**
- **going to the store**
- **going through a drive-through**
- **stopping at a gas station**

Have a family member or friend get groceries and supplies for you, or use a delivery service.

Go to letstalkfood-ck.com or call 211 for available meal and grocery delivery services.



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 **Chatham-Kent
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Self-Isolate at Home

Avoid contact with others:

- When possible, stay in a separate room or space away from where others spend time.
- Sleep alone if you can.
- Use a separate bathroom if there is one.
- Make sure any shared spaces in the home have good airflow (e.g., open windows).
- Avoid sharing toothbrushes, cutlery, dishes, drinks, towels, bed linens, etc.
- If it is not possible to be in a separate room, keep at least 2 metres of space between the person who is self-isolating and others in the home at all times. 2 metres is about the length of a mattress.
- Limit visitors coming into the home.



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 Chatham-Kent
Public Health

Self-Isolate at Home

Personal Care and Health Hygiene



Wash your hands often with soap and water for 20 seconds.

Do not share towels with others.

If soap and water are not available, use hand sanitizer with 70% alcohol content.



Cover coughs and sneezes with your elbow and wash or sanitize hands after.



Keep hands away from your face.



If you are not able to stay in a separate space from others, you can wear a mask or face covering over your nose and mouth.

Avoid touching the mask/covering or your face while wearing it.

Wash your hands before putting the mask/covering on and after taking it off.



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Self-Isolate at Home

Cleaning and Disinfecting

Clean surfaces that are touched a lot, such as counters, toilets, sinks and tap handles, tables, doorknobs, light switches, remotes, phones, and bedside tables.



Use a diluted bleach solution (2 teaspoons of bleach to 4 cups of water) or other household disinfectant with a drug identification number or DIN.



Wear disposal gloves while cleaning if possible and wash hands after.



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Self-Isolate at Home

Care for other Household Items



Dishes and eating utensils

Clean with dish soap and hot water after each use.
Or use a dishwasher with a drying cycle.
Do not share with others in the home.



Laundry

Clean clothes, towels, and bedding with regular laundry soap and water.



Avoid shaking any laundry before it is washed.
Laundry for someone who is self-isolating does not need to be separated from other household laundry.



Waste

Throw used tissues in a lined waste bin. Wash hands after using tissues.
All waste can be bagged in a regular plastic bag and thrown out with regular household waste.

Always wash or sanitize hands after cleaning dishes, laundry, or waste for someone who is self-isolating.



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Coronavirus Disease 2019 (COVID-19)

Cleaning and Disinfection for Public Settings

This document provides guidance on cleaning and disinfection of public settings, including schools, transit, colleges/universities, retail locations and other workplaces in Ontario. For more information, please contact your local public health unit.

What you should know

- Commonly used cleaners and disinfectants are effective against COVID-19.
- Although touching contaminated surfaces is not the main way COVID-19 is spread, cleaning your hands is important after handling surfaces and objects that are not or cannot be cleaned and disinfected (e.g., porous objects).
- Use disinfectants that have a Drug Identification Number (DIN). A DIN is an 8-digit number given by Health Canada that confirms it is approved for use in Canada. Household bleach may not have a DIN, but is an effective disinfectant.
- Check the expiry date and safety instructions of products you use and always follow manufacturer's instructions.

Establish a cleaning schedule

- Identify surfaces, objects and equipment that need routine cleaning as well as disinfection.
- Indoor surfaces that are frequently touched should be cleaned and disinfected at least once per day and when visibly dirty.
- Examples include doorknobs, elevator buttons, light switches, toilet handles, counters, hand rails, touch screen surfaces and keypads.
- In addition to routine cleaning, check for any specific cleaning and disinfection protocols for your setting.



Select products

Cleaners

- Break down grease and remove organic material from the surface.
- Used separately before using disinfectants.
- Can be purchased with cleaner and disinfectant combined in a single product.

Disinfectants

- Have chemicals that kill most germs.
- Applied after the surfaces have been cleaned.
- Have a drug identification number (DIN), excluding bleach.

Disinfectant Wipes

- Have combined cleaners and disinfectants in one solution.
- May become dry due to fast drying properties. Should be discarded if they become dry.
- Not recommended for heavily soiled surfaces.

Prepare products for use

- Where possible, use ready for use, pre-mixed solutions.
- Never mix different chemical products together.
- Read and follow manufacturer's instructions to:
 - properly prepare solution
 - allow adequate contact time (time the surface remains wet) for disinfectant to kill germs (see product label)
 - wear gloves when handling cleaning products including wipes
 - wear any other personal protective equipment recommended by the manufacturer

Use bleach safely

- Bleach is not a cleaning agent. Surfaces must be clean in order for bleach to disinfect.
- Only dilute bleach by adding water, not other chemicals. Bleach usually comes as 5.25% or ~50,000 parts per million (ppm) sodium hypochlorite. For more information on how to dilute bleach (e.g., to 100 ppm or 0.01%), see the Public Health Ontario's [Chlorine Dilution Calculator](#).
- Store bleach solutions in closed, labeled containers, away from heat and light. Dilute bleach with water just before use as it loses potency within 24 hours.

The information in this document is current as of July 30, 2021

Clean your hands often with SOAP AND WATER for at least 20 seconds.

Wet hands with warm water and apply soap.

For at least 20 seconds make sure to wash:



Palms



Back of hands



Between fingers



Thumbs



**Finger tips and
under nails**



Wrists

Rinse well and dry hands with a paper towel.

Use a paper towel to turn off the tap.



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 **Chatham-Kent
Public Health**

Coronavirus Disease 2019 (COVID-19)

Physical Distancing

What is physical distancing?

- Physical distancing means keeping our distance from one another and limiting activities outside the home.
- When outside your home, it means **staying at least 2 metres (or 6 feet) away from other people** whenever possible.



Staying connected from home

- Work from home, if possible.
- Stay in touch with friends and family through phone, instant messaging or video chat.
- Host virtual playdates or take your children on a virtual museum tour.
- Spend time reading, playing board games and watching movies.
- Support neighbours who may feel anxious or isolated at this time by connecting virtually or at a distance.



If you must leave your home

- Travel to the grocery store, pharmacy and bank only when essential and limit the frequency.
- Use delivery services where possible. When picking up food or a prescription, call ahead so it is ready when you arrive. Use tap to pay, if possible.
- Greet neighbours and friends with a smile, wave, bow or nod.
- If you are working, discuss any concerns about physical distancing with your employer or supervisor.
- Travel by car, bike or walk, where possible. If you need to take public transit, try to travel during non-peak hours and take shorter trips.
- Limit the number of people on an elevator.
- Exercise at home or outdoors, but not with a group.
- Go for an on-leash walk with your pet or take your child for a neighbourhood walk, while maintaining distance from other people.
- Always clean hands with alcohol-based hand sanitizer, or soap and water when you return home.

Things to avoid



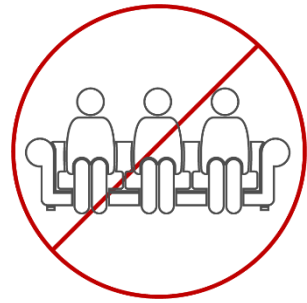
Non-essential trips
outside your home



Hugging or shaking
hands



Crowds or gatherings



Visiting friends



Sharing food or utensils



Engaging in group
activities or sports



Visiting popular
destinations



Play dates, parties or
sleepovers

Physical distancing and your mental health

Physical distancing disrupts our normal social routines. During times of uncertainty and change, it is normal for people to worry. If you begin to notice signs of depression or hopelessness in yourself or a loved one, please seek help. Get support if you need to talk. For more information see:

- [Take Care of Yourself and Each Other](#)
- [Resources for Ontarians Experiencing Mental Health and Addictions Issues during the Pandemic](#)

Physical distancing, when combined with proper hand hygiene and cough etiquette, has been shown to limit the spread of COVID-19. If you are self-isolating because you have symptoms of COVID-19 or you may have been exposed to COVID-19, see [How to Self-Isolate](#).

Learn about the virus

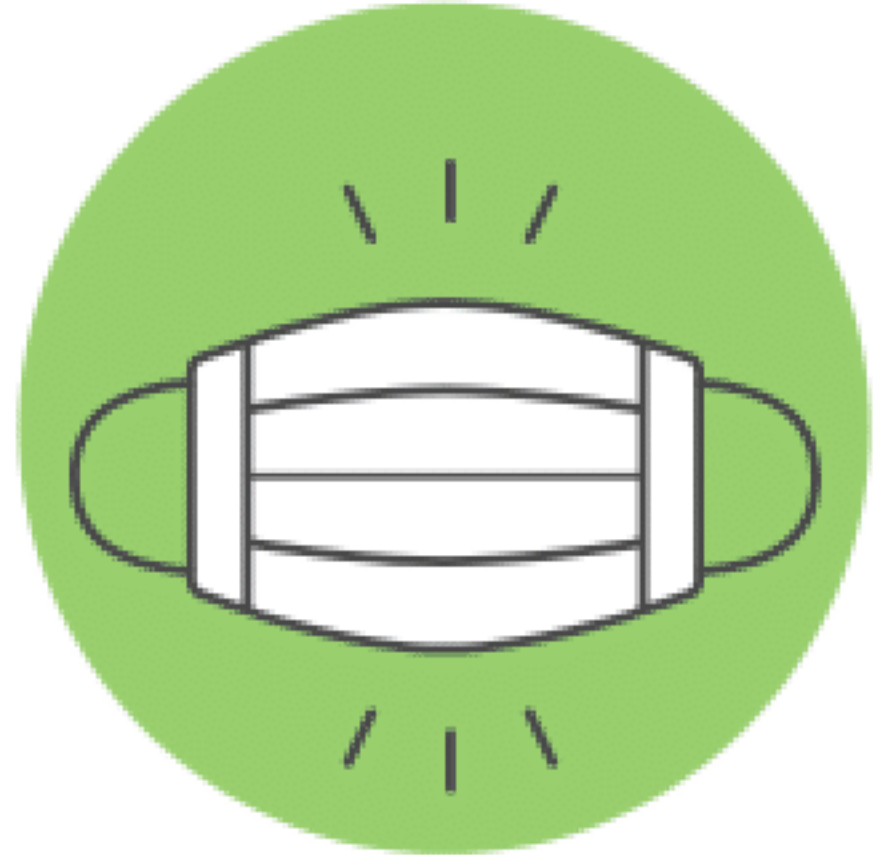
COVID-19 is a new virus. It spreads by respiratory droplets of an infected person to others with whom they have close contact such as people who live in the same household or provide care. You can also access up to date information on COVID-19 on the Ontario Ministry of Health's website: ontario.ca/coronavirus.

The information in this document is current as of April 2, 2020

HOW TO SAFELY WEAR A NON-MEDICAL MASK OR FACE COVERING



Wash or sanitize your hands before and after touching your mask.



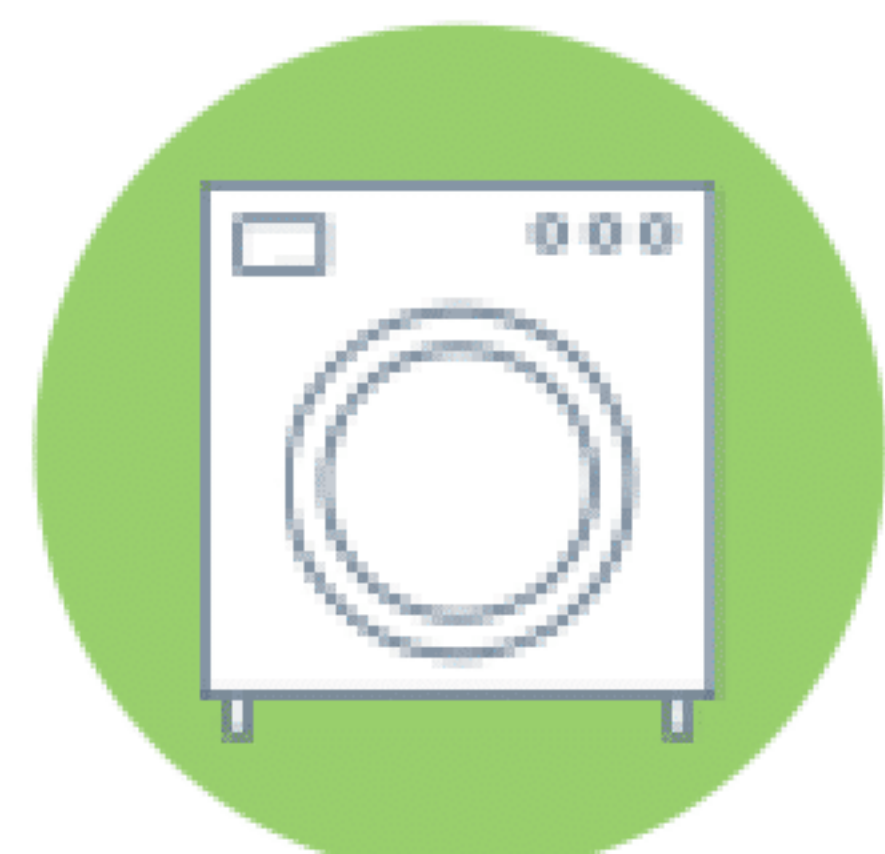
Make sure the mask covers your nose, mouth and chin. It should feel comfortable without any gaps.



Ensure that your mask is made with at least 2 layers of fabric



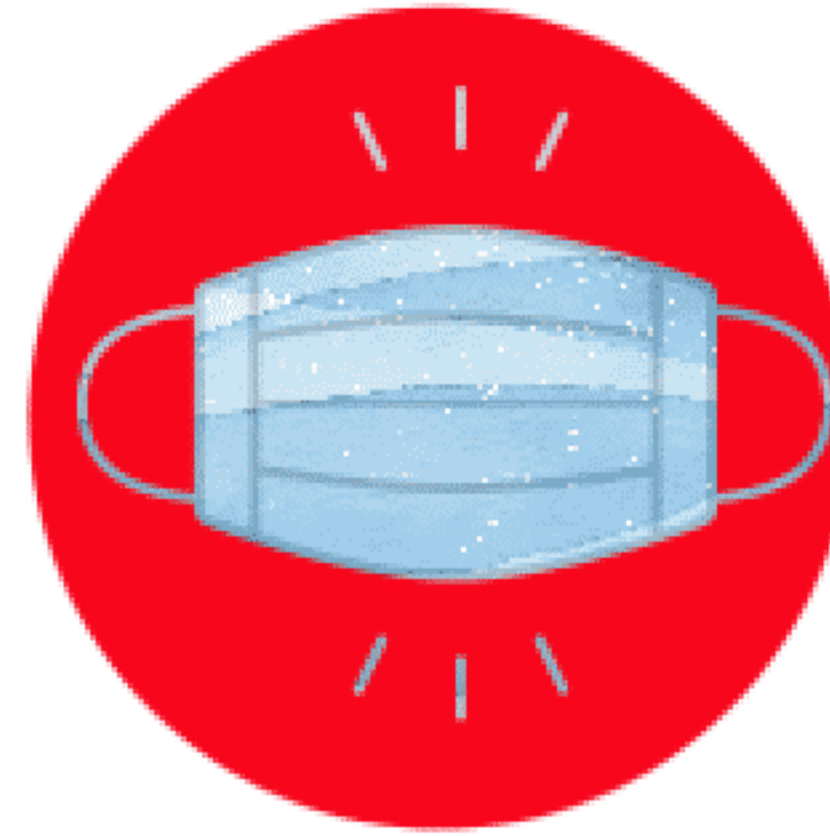
Store reusable masks in a clean paper bag between use



Wash reusable masks when they become soiled or wet



Please discard disposable masks in garbage cans properly



Don't reuse masks that are moist, dirty or damaged



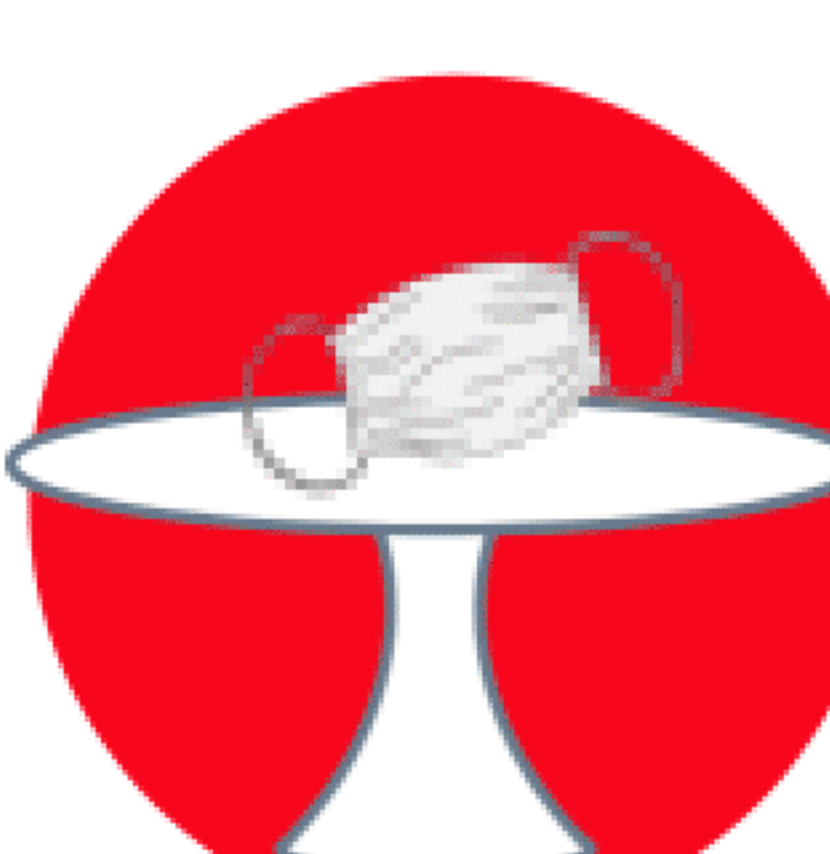
Don't touch your mask while wearing it and use string/ear loops to take it on or off



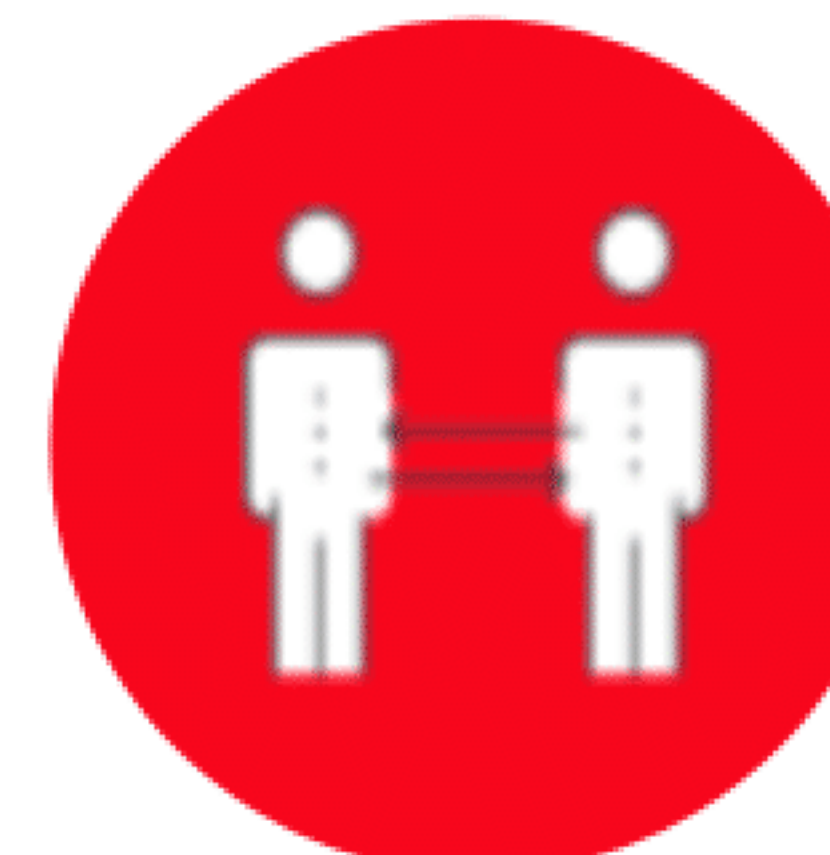
Avoid wearing the mask around your neck and always cover your mouth and nose.



Don't share your mask with others



Don't leave a used mask within reach of others



Don't forget to continue to physically distance 2 metres while wearing a mask



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