



Province-wide restrictions

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Provincial restrictions are in place to help stop the spread of COVID-19. Some restrictions are made by the Provincial Health Officer (PHO) under the Public Health Act and others are made under the Emergency Program Act (EPA). Most orders can be enforced by police and compliance and enforcement officials.

Last updated: **March 31, 2021**

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Do your part to keep B.C. safe

Stronger province-wide restrictions

Between March 29 at 11:59 pm and April 19 at 11:59 pm the PHO is strengthening province-wide restrictions:

- The variance allowing indoor religious gatherings and worship services between March 28 and May 13 is suspended
- Indoor low intensity group exercise classes are cancelled
- Restaurants, pubs and bars are closed for indoor dining. Outdoor patio seating and take-out or delivery is allowed
- Whistler Blackcomb ski resort is closed

Safety recommendations

In addition to the orders, the PHO strongly recommends:

- Working from home whenever possible, unless it is essential to be in the workplace
- Keeping your child home from school if they feel sick or have any sign of illness
- Getting testing immediately if you or anyone in your family feels sick
- Avoiding all non-essential travel

Masks in schools

All K to 12 staff and all students in grades 4 to 12 are required to wear non-medical masks in all indoor areas, including:

- At their work stations (desks)
- On school buses
- Within and outside learning groups

PHO order on gatherings and events

This content is a summary of the PHO order – Gatherings and Events (PDF) document. It is not legal advice and does not provide an interpretation of the law. In the event of any conflict or difference between this webpage and the order, the order is correct and legal and must be followed.

Social gatherings

Indoor gatherings

No indoor social gatherings of **any size** at your residence with anyone other than your household or, if you live alone, your core bubble. For example:

- Do not invite friends or extended family inside your residence or vacation accommodation
- Do not host a party or event inside your house

Outdoor gatherings

Up to 10 people can gather outdoors. For example:

- Up to 10 people can gather at a park or beach
- Up to 10 people can gather in the backyard of a residence

Do not gather with several groups of new people. **Stick to the same people.** Continue to use COVID-19 layers of protection and maintain physical distancing. Patios and outdoor areas at restaurants, pubs and bars are **not included** as places to gather with 10 people at one table.

Expand All | Collapse All

Core bubble

Co-parenting and legal parenting arrangements

Supporting family members or isolated people

University students

Visiting people who live alone

Gatherings and events by sector

Expand All | Collapse All

Cultural events and gatherings

Drive-in and drop-off events

Formal meetings

Indoor funerals, weddings and baptisms

Indoor religious gatherings and worship services

Meals for people in need

Outdoor funerals

Outdoor religious gatherings and worship services

Perimeter seating vehicles and buses (limo and party bus)

Rental and home sale viewings

Retail businesses, vending markets and episodic markets

Workplaces

Youth extracurricular activities

Activities allowed under the order

These activities are not considered a social gathering:

- Going for a walk or hike
- Parents carpooling kids to and from school

- Grandparents providing child care
- Public pools and public skating rinks, when not associated with an event, are allowed to continue to operate with a COVID-19 Safety Plan

Exercise

Indoor high intensity group exercise

Indoor high intensity group exercise is prohibited. High intensity group exercise causes a sustained and accelerated rate of breathing and may involve close contact with other people. Businesses, recreation centres or other organizations that organize or operate high intensity group exercise must suspend the following activities:

- Hot yoga
- Spin classes
- Aerobics
- Bootcamp
- High intensity aspects of circuit training
- High intensity interval training (HIIT)

Indoor low intensity group exercise

Indoor low intensity group exercise is prohibited until April 19 at 11:59 pm. These include:

- Yoga (Hatha)
- Low intensity exercise machines and cardio equipment
- Pilates
- Light weightlifting
- Stretching
- Tai-Chi
- Low intensity Barre classes

Gyms and recreation facilities

Gyms and recreation facilities that offer individual workouts and personal training sessions can remain open as long as they have a COVID-19 Safety Plan that is strictly followed.

Sports

The order places restrictions on adult and youth indoor and outdoor team sports.

[Expand All](#) | [Collapse All](#)

High performance athletes

Spectators

Travel for sport

Adult indoor and outdoor team sports

Indoor and outdoor organized team sports for people 22 years of age and older are prohibited. These include:

- Basketball
- Cheerleading
- Combat sports
- Floor hockey
- Floor ringette
- Road hockey
- Ice hockey
- Ringette
- Martial arts
- Netball
- Team skating
- Soccer
- Volleyball
- Indoor bowling
- Lawn bowling
- Curling
- Lacrosse
- Hockey
- Ultimate
- Rugby
- Football
- Baseball
- Softball

While restrictions are currently in place related to adult team sports, some indoor and outdoor sports and activities, including drills and training activities, are permitted with a reduced number of participants:

- 2 people may engage in indoor sports with one another
- 10 people may engage in outdoor sports with one another

In both cases, participants must maintain a distance of 3 metres from one another unless everyone lives in the same private residence.

Youth indoor and outdoor team sports

All organized indoor and outdoor sports for people 21 years of age and younger should follow [viaSport's Return to Sport Phase 2 guidance](#) with respect to maintaining physical distance for participants. This means games, tournaments and competitions are temporarily suspended for teams.

- Individual drills and modified training activities can continue
- Amateur sports organizations and leagues may implement additional guidelines to ensure the health and safety of participants

All indoor and outdoor team sports for people 22 years of age and older are suspended.

PHO order on restaurants, pubs and bars

Restaurants, pubs, bars and food courts are closed for indoor dining until April 19 at 11:59 pm.

- Outdoor patio seating and take-out or delivery is allowed

In order to limit the spread of COVID-19, people should only be dining at restaurants with their household. For people who live alone, this should be with a maximum of two people they regularly interact with (core bubble).

- You must wear a mask when not at a table
- Events are no longer allowed

Restaurants, pubs and bars must have a COVID-19 Safety Plan and employee protocols in place. WorkSafeBC will be conducting inspections to verify that COVID-19 Safety Plans remain effective. Establishments that are noncompliant with plan requirements may face orders and fines, and possible referral to public health which may result in a closure order.

- Review the [PHO Order – Food and Liquor Serving Premises \(PDF\)](#).

EPA order on masks in public indoor settings

As outlined in the [EPA mask mandate order](#), masks are required for everyone in many public indoor settings. A face shield is not a substitute for a mask as it has an opening below the mouth.

There are exemptions for:

- People with health conditions or with physical, cognitive or mental impairments who cannot wear one
- People who cannot remove a mask on their own
- Children under the age of 12
- People who need to remove their masks to communicate due to another person's hearing impairment

Masks are required in many indoor public settings and all retail stores. This includes:

- Malls, shopping centres
- Grocery stores
- Airports
- Coffee shops
- On public transportation, in a taxi or ride-sharing vehicle
- Places of worship
- Libraries
- Common areas of post-secondary institutions, office buildings, court houses (except court rooms), hospitals and hotels
- Clothing stores
- Liquor stores
- Drug stores
- Community centres
- Recreation centres
- City Halls
- Restaurants, pubs and bars when not seated at a table
- Sport or fitness facilities when not working out

Mask enforcement

You could be subject to a \$230 fine if you:

- Do not wear a mask in an indoor public setting, unless you are exempt
- Refuse to comply with the direction of an enforcement officer, including the direction to leave the space
- Engage in abusive or belligerent behaviour

Masks at workplaces and shared living areas

It is strongly recommended that masks be worn in the following areas:

- Common areas in apartment buildings and condos, including:
 - Elevators
 - Hallways
 - Lobbies
 - Stairwells
- Shared indoor workplace spaces, including:
 - Elevators
 - Kitchens
 - Hallways
 - Break rooms

Travel advisory

At this time, all non-essential travel should be avoided. This includes travel into and out of B.C. and between regions of the province. For example:

- Do not travel for a vacation
- Do not travel to visit friends or family outside of your household or core bubble

Travel for essential reasons

Individual circumstances may affect whether a trip is considered essential or non-essential. Essential travel within B.C. includes:

- Regular travel for work within your region
- Travel for things like medical appointments and hospital visits

For example, if you live in Vancouver and work in Surrey you can continue to commute.

If you need to travel for essential reasons, take the same health and safety precautions you do at home.

- Wash your hands often
- Practice safe distancing, 2 m
- Travel only with yourself, household or core bubble
- Stick to the outdoors whenever possible
- Clean spaces often
- Wear a mask in indoor spaces

First Nations communities

Many First Nations have declared a state of emergency for their communities and enacted COVID-19 community protection by-laws including travel bans for non-residents and non-essential visitors. It is important to respect these restrictions in addition to the province-wide travel advisory.

Whistler Blackcomb closure

The Whistler Blackcomb ski resort is closed until April 19 at 11:59 pm.

Coming from outside of B.C.

At this time, people travelling to B.C. from another province or territory within Canada should only come for essential reasons. If you do travel, you are expected to follow the same travel guidelines as everyone else in B.C.

- Review [B.C. travel information](#)

Enforcement

During a public health emergency under the Public Health Act, the PHO can make orders as needed. You must follow the orders. Some orders can be enforced by police or other compliance and enforcement officials. People who don't follow these orders could be fined.

Translated content

- [全省限制](#) (Traditional Chinese)
- [全省限制](#) (Simplified Chinese)
- [ਪੂਰੇ ਪਰਾਂਤ ਤੇ ਲਾਗੂ ਪਾਬੰਦੀਆਂ](#)
- [Restrictions à l'échelle de la province](#)
- [Restricciones en toda la provincia](#)
- [القيود المفروضة في أنحاء المقاطعة](#)
- [Mga pagbabawal sa buong lalawigan](#)
- [محدودیت ها در سطح استان](#)
- [주 전역 제약](#)



**Food Services in the School Cafe
in a time of COVID Restrictions**

Tasks:	Action By:
<p>Purchasing Food and Supplies Branded Distribution for ordering; support available from Canuel Caterers Regional Managers.</p>	<p>Before delivering, Branded driver has had a temperature check at the warehouse and signed a COVID-19 declaration form. Entering the premises Branded driver will sign in at office (for tracing purposes) and to wear a mask.</p>
<p>Receiving Orders and Storing Supplies Handwashing with soap and water, dry with paper towel. Mask Required <u>Storeroom, Walk in Cooler and Freezer:</u> limited to 1 person at a time.</p>	<p>Canuel Caterers staff.</p>
<p>Food Preparation: Handwashing, before and with every task change. Also, an alarm set to rewash hands every hour during shift. Masks and/or Face Shield & mask always required. 2m distancing when possible Sanitize all work areas before and after each task. Team members to not share tools or equipment. Sanitize equipment after each use, especially high touch areas like handles.</p>	<p>Manager to ensure all daily COVID-19 forms are filled out by all staff. Including checking off all high touch point areas are sanitized regularly.</p>
<p>Hot Drink Service Masks required, face shield & mask. Hand-sanitizer available Disposable Cups and packaging Individual condiment packages available upon request</p>	<p>Manager School District to ensure Hand sanitizer is available</p>

Tasks:	Action by:
<p>Preparing for Service</p> <p>No Self Service by Customers</p> <p>Hot food: Using steamtable and heat warmers for limited hot holding of food to a minimum temperature of > 60oC or above. Closed packaging for Entrees and Desserts, including clamshells, take out containers, plastic wrap, foil, soup bowls with lids, etc., suited to the food served.</p> <p>Display coolers: Guest has access to coolers, handles sanitized regulary</p> <p>Condiments: Individual portions to be distributed on request</p> <p>Salads and Sandwiches: All sandwiches and salads to be individually packaged.</p> <p>Cutlery and Napkins: To be handed out by Canuel team members rather than having customers select cutlery for themselves.</p>	<p>Canuel onsite Manager and Team Members</p> <p>Manager to ensure daily regular Temp Check Sheets of hot and cold food and equipment are recorded and filed.</p>
<p>Serving</p> <p>For the Customer</p> <p>Mask always required. Maintain 2 m distancing. Hand-sanitizer available upon entering the café.</p> <p>For the Canuel Team</p> <p>Mask required or face shield & mask. Maintain 2 m distancing when serving. Handwashing required. No sharing serving utensils; each team member will have a separate supply of containers if portioning. Will use disposable gloves when required. A physical barrier to prevent too close of contact. Signage for Order Station and Pick-Up Zone</p> <p>Notes</p> <ul style="list-style-type: none"> • Use a barrier to maintain 2 m physical distancing from the cashier's station. • To have the debit terminal closer to the customer. Use plastic wrap over the keys or the plastic cover provided for customers who do not have tap. Sanitize cash register before and after service each service using pink quat sanitizing towels (400 ppm) • Cashier will use a tool to hand money/change for each cash transaction. • Cash received in payment will be counted with mask, face shield or both on, and to thoroughly wash hands afterwards. • Each deposit will be sealed immediately in the deposit bag. • After counting any money, the area will be sanitized. 	<p>By the Canuel Team members</p> <p>Canuel Manager to close till, count money, place deposits and fill out daily sales sheets and paperwork.</p>

Tasks	Action by:
<p>Sanitation of high touch surfaces <u>Sanitize all workstations and equipment at the start and end of the day. Also, between all tasks throughout the day using pink quat sanitizing towels and spray (400 ppm)</u> e.g. Door handles, Equipment handles and Controls knobs, Counter tops, Drawer pulls, and Cabinet pulls, Taps and Faucets, Racks and Carts.</p>	<p>All Canuel Team Members</p>
<p>Dish Washing Assume all items are contaminated. Canuel team members when available will use the dishwasher to wash and sanitize as much as possible. If using the triple sink method, they will check final sanitizer concentration regularly and follow all protocols for this method. Each team members using what ever method is available will be required to wear gloves to handle soiled utensils. Each item washed or unloaded, the Canuel team member will not use the same gloves to store the cleaned items. Regular handwashing will take place.</p>	<p>400 ppm quat before and after service. Sign off sheet</p>
<p>Laundry All Canuel team members to wash and dry all used masks, aprons and t shirts daily off the premises Canuel team members will change aprons and t shirts when soiled. Team members will not wear aprons outside the Kitchen. Sanitizing towels to be stored in quat solution per Food Safe protocols disposed of daily. All PPE equipment supplied by Canuel Caterers to their team members.</p>	<p>All Canuel Team Members</p>

Coronavirus COVID-19

BC Centre for Disease Control | BC Ministry of Health



ATTENTION: COVID-19 OUTBREAK

COVID-19 OUTBREAK in this facility



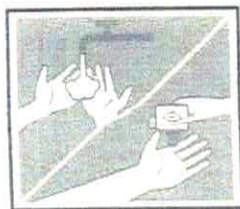
Do not visit if you are sick

or if you are required to self-isolate in accordance with public health directives



Visiting is restricted

Please check with front desk or staff



Clean your hands

when entering and leaving the facility and each room/unit



Ministry of Health



BC Centre for Disease Control

If you have fever, a new cough, or are having difficulty breathing, call 8-1-1.

Non-medical inquiries (ex. travel, physical distancing):

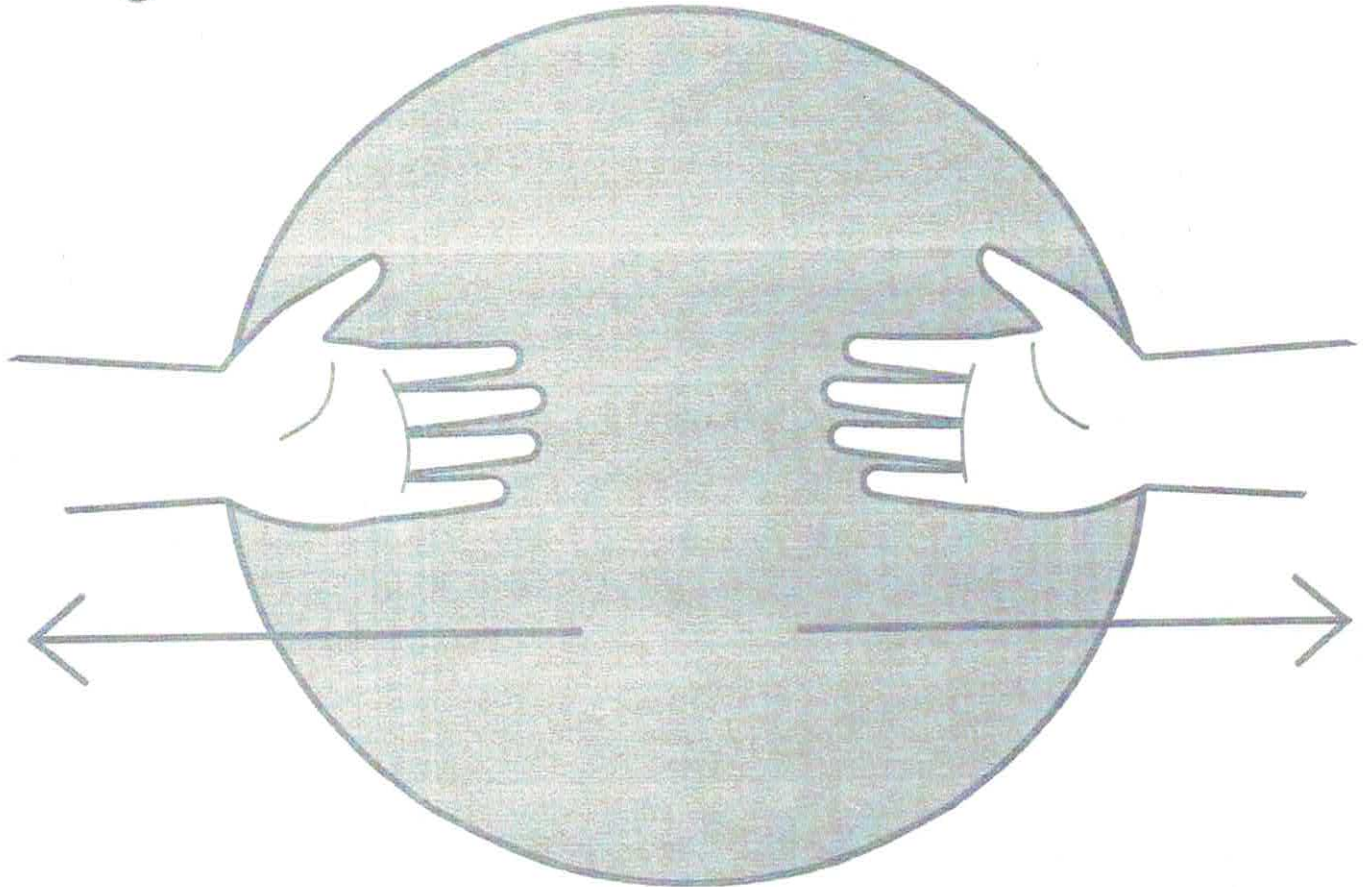
1-888-COVID19 (1888-268-4319) or text 604-630-0300

Coronavirus COVID-19

BC Centre for Disease Control | BC Ministry of Health



REDUCE THE SPREAD OF COVID-19



PHYSICAL DISTANCING IN PROGRESS

**Maintain a distance of at least
2 arms lengths from others.**



Ministry of
Health



BC Centre for Disease Control

If you have fever, a new cough, or are
having difficulty breathing, call 8-1-1.



Coronavirus COVID-19

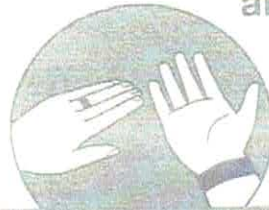
BC Centre for Disease Control | BC Ministry of Health



Hand Hygiene

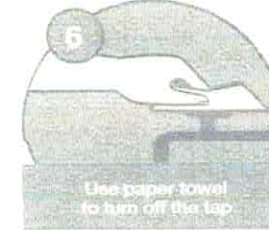
SOAP OR ALCOHOL-BASED HAND RUB: Which is best?

Either will clean your hands: use soap and water if hands are visibly soiled.



Remove hand and wrist jewellery

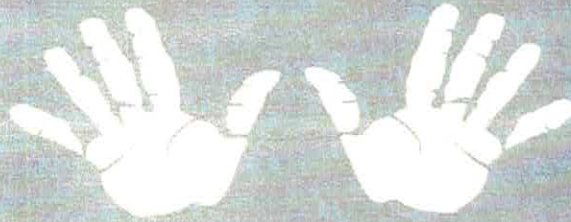
HOW TO HAND WASH



HOW TO USE HAND RUB



Did you wash them?



Hand washing prevents disease.



After touching your mask

After touching your nose

After touching your hair

After handling money

After sneezing

After touching a door handle or fridge

After a making a food order

Beware of cross contamination

Food Hygiene is in your hands



Cafeteria Services * Vending Services * Catering for all occasions

7532 - 134A Street, Surrey, BC V3W 7J1

Phone 604-503-3836

CANUEL OPERATIONS DURING COVID 19

THIS LOCATION IS FOLLOWING THESE PROCEDURES FOR YOUR SAFETY

EACH EMPLOYEE SIGNS A DECLARATION SHEET THAT THEY DO NOT HAVE ANY COLD OR FLU LIKE SYMPTOMS BEFORE STARTING WORK.

EACH EMPLOYEE WILL BE WEARING A FACE MASK OR MASK WITH A VISOR WHILST MAINTAINING PHYSICAL DISTANCING

EACH EMPLOYEE WASHES THEIR HANDS ON A REGULAR BASIS AFTER EACH TASK AND REGULARLY DURING THE DAY

EACH EMPLOYEE HAS ACCESS TO A HELPLINE NUMBER IF THEY ARE FEELING WORRIED OR ANXIOUS ABOUT COVID 19

EACH EMPLOYEE HAS ACCESS TO BC MENTAL HEALTH HOTLINE NUMBER

EACH EMPLOYEE HAS ACCESS TO WORKSAFE BC HARASSMENT AND BULLYING POLICIES IN THE WORK PLACE

THE MANAGER HAS THE RIGHT TO NOT SERVE YOU IF THEY FEEL YOU ARE:

DISRUPTIVE BY NOT FOLLOWING CANUEL GUIDELINES

EACH EMPLOYEE HAS ACCESS TO COVID-19 INFORMATION

HAND WASHING POSTERS ARE IN THE KITCHEN AREAS

EACH EMPLOYEE MUST FOLLOW A CLEANING LOG

EACH EMPLOYEE HAS HANDLE CLEANING LOG

EACH LOCATION HAS AN OPENING AND CLOSING PROCEDURE LOG

IF ANY TEAM MEMBERS CAR POOL THEY MUST WEAR A MASK AT ALL TIMES IN THE CAR

THESE MEASURES ARE TO ENSURE THE SAFETY OF OUR TEAM MEMBERS AND OUR STUDENTS
HAND SANITIZER IS AVAILABLE AT THE CASH REGISTER

THE STUDENT

PLEASE FOLLOW ALL SIGNAGE POSTED

PHYSICAL DISTANCING IS REQUIRED AND MONITORED



One way in and one way out is required.



Face visor with masks or masks are worn by Canuel team members.

Debit or cash is Available

Safety is our concern at all times.



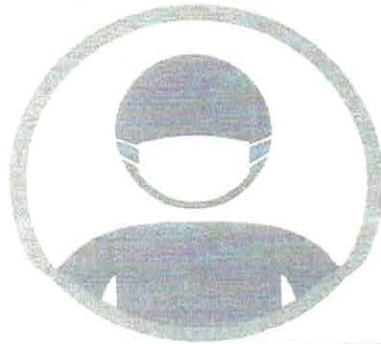
2019 Novel Coronavirus (COVID-19)



Do you have a FEVER, or NEW COUGH or DIFFICULTY BREATHING?



Clean your hands



Put on a mask



Report to reception or a health care provider



Cafeteria Services * Vending Services * Catering for all occasions

7532 – 134A Street, Surrey, BC V3W 7J1
Phone 604-503-3836

Coronavirus Covid-19 Policies and procedures
January 2020

BC Work safe directive.

How are Canuel Caterers telling our team members about Covid-19
(Exposure to covid-19 in the work place)

- Please review all signage posted within the unit and review all documentation within this booklet.

Coronavirus Disease 2019 (COVID-19) information for food premises

What is Coronavirus Disease 2019 (COVID-19) and how does it spread?

COVID-19 is a respiratory infection caused by a newly identified virus. The infection has symptoms similar to other respiratory illnesses, including the flu and common cold: cough, sneezing, fever, sore throat and difficulty breathing. While most people infected with COVID-19 experience only mild illness, severe illness can occur in some people, especially in those with weaker immune systems, the elderly and those with conditions such as diabetes, cancer or lung disease. COVID-19 is transmitted by droplets when a person coughs or sneezes in close contact with another person, or onto surfaces which are later touched by another. The virus can be spread by touch if a person has used their hands to cover their mouth or nose when they cough. The virus causing COVID-19 is not known to become airborne, and does not pass through the skin.

What if an employee is sick?

All food premises should have an updated employee illness policy that is communicated with all staff immediately. Tell your employees that if an employee is sick with acute respiratory illness symptoms, they should remain at home and contact HealthLink BC at 8-1-1. If any employee is showing symptoms for COVID-19, ask them to leave work immediately and have them contact 8-1-1 for further guidance.

What if an employee has returned from travelling?

At this time, the provincial government is recommending against all non-essential travel outside of Canada, including the United States. All employees returning from travel outside of Canada are to monitor for symptoms, self-isolate and avoid working for 14 days after returning from travel.

Should I be doing anything different at my food premise to minimize risk of transmission during the COVID-19 outbreak?

There are a number of other new things you should do that include:

1. Encourage social distancing and reduce opportunities for interactions among large groups and prolonged close contact. Current recommendations do not place a specific distance between tables within a restaurant but rather are focused on ensuring sick staff or patrons stay away from the premises and self-isolate.
2. Enhance your premise's sanitation plan and schedule, and ensure staff are practicing proper hygiene including frequent hand washing and proper cough and sneeze etiquette by doing so into your elbow rather than your hands.

A food premise should do the following to reduce COVID-risk among their patrons:

- Enhance and increase the frequency of your cleaning of high-touch areas (such as door knobs, faucets, payment card touch pads, bathroom surfaces, menus and condiments) with regular disinfecting solutions found in your sanitation plan (bleach or quaternary ammonium is recommended). Use detergents prior to disinfecting the surfaces in the premises. Specialized disinfection products are not necessary.
- Ensure service areas are properly cleaned and sanitized according to the product manufacturer's instructions after each customer service, staff shift changes, and before and after closing.
- Do not provide self-serve food to patrons: Have your staff serve all foods and service ware
- Have separate cleaning and sanitizing equipment for customer and kitchen areas.
- Have dedicated staff for cleaning and sanitizing the service area and customer seating.
- Regularly clean and disinfect equipment for handling payments.
- Set up customer tableware and utensils when customers are being seated and not pre-set prior to seating to reduce potential contamination.
- Provide alcohol-based hand rubs in the food premise for patrons.
- Ensure washrooms are well stocked with liquid soap and paper towels at all times, and that warm running water is available.
- Place hand hygiene and cough and sneeze etiquette signs within areas in the food premise (provided in this document)
- Place signage on front doors that tell guests not to enter the premises if they are feeling ill and to contact HealthLink BC 8-1-1 if they have symptoms of COVID-19 (provided in this document)
- Encourage your patrons to use your delivery take-out options (e.g. especially free delivery if it is an option) to encourage your patrons to avoid lining up onsite to pick up meals in person.

Should food premises be using disposable gloves?

Frequent and proper handwashing is always encouraged, as it is the best way of preventing all respiratory virus infections and other foodborne illnesses. If a food premises chooses to use gloves, employees should wash their hands thoroughly before putting on the gloves and change them often. Change the gloves before you handle money or credit card machines, and afterward. Wearing gloves does not exclude you as a food handler from washing your hands.

Contact us with questions about food premises and health protection at 604-587-3936; if staff have individual health concerns, please call HealthLink BC at 8-1-1.

COVID 19 Policies & Procedures Amendment B.1

All divisions.



During these worrying times with the out break of Covid 19, Canuel caterers wish to introduce new standard operating procedures for all locations.

These new policies supersede any other policies for Covid-19

Going forward:

We need every Canuel employee to contribute to the personal wellbeing and protection of each Student/ customer and team member.

The use of protective equipment will become the norm, whether on the cash register, food production or car pooling.



All team members must wear a mask when car pooling. No exceptions.

All areas are sanitized before work and after work. A sign off sheet must be signed after completing this task.



Each team member must sign off on the wellness form stating they are fit to work with no sign of flu like systems.

We need all team members to use gloves whilst serving out food to the customers/students.

All customer/students must keep a 2-metre distance apart, this will be followed with markings or spacing notices on the floor.



All team members must wear a mask or mask and shield.



The first form of payment will be debit with tap capability. If not, available cash payment can be taken.

Customers/students can not congregate around the café/ bistro area. A regulated number of customer/students as designated by the BC health authority will be let into the café/bistro safely during designated times.

All menu items will be wrapped or in containers.

Keep our workplace safe from COVID-19

Please do not enter this workplace if you:

- Have travelled outside of Canada within the last 14 days
- Have been identified by Public Health as a close contact of someone with COVID-19
- Have been told to isolate by Public Health
- Are displaying any of the following new or worsening symptoms:
 - Fever or chills
 - Cough
 - Loss of sense of smell or taste
 - Difficulty breathing
 - Sore throat
 - Loss of appetite
 - Extreme fatigue or tiredness
 - Headache
 - Body aches
 - Nausea or vomiting
 - Diarrhea

If you are displaying symptoms consistent with COVID-19, refer to HealthLink BC at 811.

Help prevent the spread of COVID-19

Please do not enter this workplace if you:

- Have travelled outside of Canada within the last 14 days
- Have been identified by Public Health as a close contact of someone with COVID-19
- Have been told to isolate by Public Health
- Are displaying any of the following new or worsening symptoms:
 - Fever or chills
 - Cough
 - Loss of sense of smell or taste
 - Difficulty breathing
 - Sore throat
 - Loss of appetite
 - Extreme fatigue or tiredness
 - Headache
 - Body aches
 - Nausea or vomiting
 - Diarrhea

All other visitors, please wash your hands or clean them with hand sanitizer before and after your visit. Please maintain physical distancing of 2 metres.

If you are displaying symptoms consistent with COVID-19, refer to HealthLink BC at 811.

Addressing the mental health effects of COVID-19 in the workplace

A guide for workers

It's normal to feel worried, distressed, or overwhelmed as we all process the impact of the COVID-19 pandemic. It takes time to adjust and find ways to cope with all the changes happening around us. The outbreak of COVID-19 affects most people at both work and home, which can take a toll on our mental health. As humans, we're naturally built to experience an array of emotions in times of uncertainty. Some common reactions include feeling helpless, sad, stressed, lonely, or afraid for your health or the health of loved ones.

If you're a front-line worker in health care, food services, transportation services, or other essential services, you may face unique challenges so take extra care to balance the demands of work with the health and well-being of you and your families.

This guide suggests healthy ways to manage stress and anxiety so you can better take care of yourself, support others, and maintain productivity at work. Note that this resource focuses primarily on your mental health. For information about protecting your physical health and safety at work and accessing WorkSafeBC services during this time, visit [worksafebc.com](https://www.worksafebc.com).

Fight fears with facts

The first line of defence against fear and anxiety is knowledge. Given the amount of misinformation that exists on the web about COVID-19, you can reduce stress by educating yourself on the facts. Trusted sources you can refer to include Health Canada, the [Public Health Agency of Canada](https://www150.com), the [World Health Organization](https://www.who.int),

the [Public Health Agency of Canada](https://www150.com), and the [World Health Organization](https://www.who.int).

As many people's work environments are changing due to COVID-19, it's more important than ever for workers and employers to cooperate on making sure the workplace is healthy and safe. Whether you're in your regular workplace or you're working from home, you and your employer have responsibilities to ensure your health and safety, including your mental health. For more information about your rights and responsibilities, see [WorkSafeBC's COVID-19 update page](#) or talk to your manager or supervisor.

Finances can also be a huge source of stress for people in this ever-changing employment landscape. Having reliable information about what government assistance is available may not entirely eliminate financial concerns, but it can help you feel less anxious about how you'll make things work. Both the [Government of BC](https://www150.com) and the [Government of Canada](https://www150.com) provide benefits relating to a range of services, including employment, finance, and housing. These benefits continue to be updated, so be sure to check their websites regularly for the latest information.

Take care of your mental health

Self-care strategies can help you regain a sense of control during times of stress. This allows you to function better at home and at work. Here are some ideas:

Set limits on accessing the news, and try to focus on information from reliable sources that is relevant to you and your situation right now.

Spending too much time reading about what's going on in other parts of the world can skew your perspective and make you feel even more anxious.

Maintain a routine: set a schedule that can provide you with structure and keep you on track in your day-to-day. Getting dressed, eating breakfast, having regular work hours with scheduled breaks, and having time for exercise and self-care can all help in managing work-life balance and stress.

If you have a pre-existing health condition, times of stress can make symptoms worse. Monitor your health and address any additional symptoms appropriately.

Take care of your physical health: exercise regularly and eat a balanced diet, and try to avoid sleeping too much or too little.

Practise stress-reduction techniques, such as yoga, mindfulness practices, and deep breathing.

Use healthy coping strategies, including being mindful of sleep routines, exercise, eating a healthy diet, and maintaining social contact can help you avoid falling into problematic patterns, such as turning to alcohol, cannabis, gambling, or other unhealthy ways of coping with stress.

Pay attention to your moods and how you're feeling. Recognize these can change frequently and that is normal.

Set boundaries to maintain healthy relationships. If you're working at home with a full house, try to find a quiet and private space. Make sure you get what you need, so that you can be your best for the people who depend on you.

Reach out by phone or online to other informal supports in your life, such as family, friends, your faith community, or other groups you're a part of.

Look for opportunities to help others, especially those who are vulnerable or may have to stay

home. Finding meaningful ways to be of service to others or contributing to the community can be beneficial for you and everyone involved.

During this time, it can also help to reflect on the ways you've dealt with and overcome hardships in the past. Remember, you're not alone and help is available if you need it (see the list of resources at the end of this guide).

Staying connected in the workplace

Whether you're in your usual workplace or at home, staying connected with your co-workers and your employer during this time can reduce anxiety and feelings of isolation. Think of creative ways you can reach out to co-workers while continuing to practise physical distancing. Also, touch base with your manager or supervisor regularly so that you're up to date on organizational changes and how they may affect your work duties or expectations.

Supporting your co-workers

Notice a co-worker is feeling overwhelmed and you want to support them? It can be hard to know how to talk about what's going on. Below are some simple conversation starters you can use whether you're talking to co-workers in person at your workplace or remotely from home:

How are you doing today?

I know there is a lot changing around us, how are you managing?

You seem a bit unsettled. Want to talk about what's happening?

I've been feeling [share appropriate personal experience]. How are you feeling?

What can I do to support you?

Not sure what to say? Be honest about that. We don't always have all the answers or know the "right" thing to say and that's okay. Here are some responses when you don't know what to say:

It sounds like you're going through a lot. I'm not sure what to say, but I can listen.

I haven't been through what you're experiencing, but I'm here to support you.

I don't have the answers, but let's look for resources together.

I can only imagine what that might be like. Tell me more so I can try to understand.

Mental health resources

Workplace resources

Your organization may have resources and programs that you and your family can access. Talk to your supervisor or employer to see what's available. These may include:

- Employee and Family Assistance Program
- Organization peer support team
- Occupational health nurse
- Extended health benefits provider (for mental health benefits)

Community resources

There are many community and government resources that you may find helpful, including:

Managing COVID-19 Stress, Anxiety & Depression — Tips and resources from B.C.'s Ministry of Mental Health and Addictions

[Website](#)

BC COVID-19 Symptom Self-Assessment Tool —

Developed with the B.C. Ministry of Health, this tool helps determine whether you need further assessment or testing for COVID-19 |

[bc.ca/covid19symptom](#)

The Crisis Intervention and Suicide Prevention Centre of BC —

This crisis line provides 24/7 support if you or someone you know is having thoughts of suicide | [crisisintervention.bc.ca](#); 1.800.SUICIDE (1.800.784.2433)

310Mental Health Support — Emotional support, information, and resources specific to mental health | [310mentalhealth.bc.ca](#); 310.6789 (no need to dial area code)

Red Book Online — Provides information and referrals to community, government, and social services in B.C. | [redbookonline.bc.ca](#); 2-1-1

Mental health tips for working at home | [Government of Canada](#)

Self-care resources

These online tools and resources can help support your positive mental health:

heretohelp — Strategies to help you take care of your mental health and learn how to support a loved one | [heretohelp.bc.ca](#)

MindShift CBT app — This free app, provided by Anxiety Canada, helps you learn ways to relax, be more mindful, develop more effective ways of thinking, and better manage anxiety. |

[anxietycanada.ca](#)

MoodFX — This tool includes online and self-guided resources to help people manage anxiety and mood difficulties | [moodfx.ca](#)

Bounce Back Online — Online learning modules and resources to help manage depression and anxiety | [www.bouncebackonline.ca](#)

CLEAN YOUR HANDS USING SOAP AND WATER

1



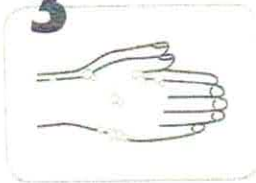
Wet hands with warm water.

2



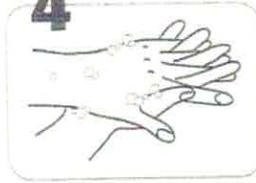
Apply soap.

3



Lather soap and rub hands palm to palm.

4



Rub in between and around fingers and wrists.

5



Rub back of each hand with palm of other hand.

6



Rub nail beds of each hand in opposite palm.

7



Rub each thumb clasped in opposite hand.

8



After 15 to 20 seconds rinse thoroughly under running water.

9



Pat hands dry with paper towel.

10



Turn off water using paper towel.

11



Your hands are now clean.

PRINTSHOP # 256524



 fraserhealth

COVID-19 health and safety

Selecting and using masks

B.C.'s provincial health officer has not recommended the widespread use of face masks. Employers considering the use of masks at their workplaces should ensure that other measures are in place, including physical distancing, handwashing, and staying at home when sick. Employers must understand the limitations of masks as a protective measure, and must also ensure that masks are selected and used appropriately.

How COVID-19 spreads

COVID-19 is an infectious disease that mainly spreads among humans through direct contact with an infected person and their respiratory droplets. Respiratory droplets are generated by breathing, speaking, coughing, and sneezing. Your exposure risk is greatest when you have prolonged close contact with an infected person.

The virus can also spread if you touch a contaminated surface and then touch your eyes, mouth, or nose. A surface can become contaminated if droplets land on it or if someone touches it with contaminated hands.


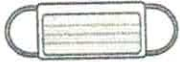

Should your workers use masks in the workplace?

The most effective ways to prevent the spread of infection include handwashing, cleaning and disinfecting work areas, physical distancing, and having sick workers stay at home. Employers may consider the use of masks as an additional control measure in combination with these measures. Some industry associations may recommend the use of masks as a worker protection or public health measure.

If your workers are wearing masks, ensure they are aware of the following:

- Cloth and surgical masks may not protect you from the virus because they do not form a tight seal with the face. However, they can reduce the spread of your respiratory droplets to others.
- Keep your mask clean and dry. If it gets wet, it's less effective at preventing the spread of droplets.
- Change masks as necessary. You may need several masks available as they build up moisture during the day and become less effective. If your mask becomes wet, soiled, or damaged, replace it immediately.
- Make sure you know how to wear and clean your mask. Wash cloth masks every day using the warmest water setting. Store in a clean, dry place to prevent contamination.
- Practise good hygiene even if you're wearing a mask. This includes covering sneezes and coughs and washing hands. Don't touch your eyes, nose, mouth, or mask (if you're wearing one).

The difference between cloth masks, surgical masks, and respirators

Type	Use
Cloth masks 	<ul style="list-style-type: none">May offer some level of protection to others by preventing the wide spread of droplets from the wearer. However, they are not a proven method of protection for the wearer as they may not prevent the inhalation of droplets.May be considered by employers for use by workers and/or customers as a protective measure in combination with other controls, including physical distancing and appropriate hygiene practices. Masks should never be relied upon as a sole protective measure.Cloth masks, including homemade masks, may be worn by workers as a matter of personal choice.Cloth masks must be washed before they are reused. Replace masks that are wet, soiled, or damaged.
Surgical masks 	<ul style="list-style-type: none">Surgical masks, also referred to as medical masks, are specifically designed for health care environments.Like cloth masks, these offer limited protection to the wearer from the inhalation of droplets, but may offer some protection to others by preventing the wide spread of droplets from the wearer.Should be preserved for use by health care workers, whenever possible.Employers outside of health care may consider these as part of their workplace controls to protect against the spread of COVID-19 in combination with other controls, recognizing there may be a lack of availability of surgical masks.May be worn as a matter of personal choice by workers.These are single-use items that should not be cleaned and reused.
Disposable respirators, such as N95 or P100 types 	<ul style="list-style-type: none">Primarily used in health care settings to prevent the spread of the virus that causes COVID-19. Other sectors may use these to protect against a variety of hazards, including silica dust.These must be used in accordance with the manufacturer's instructions, and the use of these masks is regulated under the Occupational Health and Safety Regulation.Due to lack of availability, employers outside of health care should not consider these as part of their workplace controls to protect against the spread of COVID-19.Some dust masks may be similar in appearance to N95 disposable respirators; however, they are not manufactured to the same standards and would be similar to cloth masks in terms of protection.

Let's all do our part

When workplaces in British Columbia are healthy and safe, they contribute to a safe and healthy province. As COVID-19 restrictions are lifted and more businesses resume operations, let's all do our part. For more information and resources on workplace health and safety, visit worksafebc.com.

Preventing exposure to COVID-19 in the workplace

A guide for employers

Orders from the [Public Health Officer](#) (PHO) and guidance to employers and businesses provided by the [BC Centre of Disease Control](#) represent the minimum standard that employers must meet, to comply with obligations to ensure worker health and safety. To address health and safety concerns in the workplace raised by COVID-19, ask yourself the following questions:

- 1 How are you telling your workers about COVID-19 (i.e. exposure to COVID-19 in your workplace)?
- 2 Do you have a system in place where workers (including joint health and safety committee representatives and worker representatives) can inform you of concerns relating to being exposed to COVID-19 in the workplace? Find out if there are any specific tasks that concern them (e.g. tasks that involve interacting with others).

Identifying exposure hazards and developing measures to control exposure

- 3 What are you doing to prevent your workers from being exposed to COVID-19?
 - Have you done a walk-through of your workplace, to identify specific conditions or tasks that may increase the risk of exposure of your workers to COVID-19?
 - Have you asked your workers (including your joint committee or worker representative) where potential exposures may occur and how they think exposures can be controlled?
- 4 Have you developed controls that will eliminate or minimize the risk of exposure?
 - What are those controls?
 - Have you put them in place?
 - How are they working (are they effective)?
 - How do you know how they are working?

Controlling the number of people on site

- 5 How are you controlling the number of workers and other people at your workplace?
 - Do all your workers need to come to work? Can some work from home? (Learn about [Health and safety responsibilities for WSAW working from home](#).)
 - Can you stagger shifts, to reduce the numbers present at one time?
 - Are you ensuring there is adequate cleaning between shifts?
 - Can you prioritize the work that needs to be done at the workplace to help your business operate as close to normal under the circumstances? This will require a determination of core work and where it can safely and productively be performed.

- 8 If you have workers who need to come to the workplace, how are you ensuring the following steps are being taken to reduce their risk of COVID-19 exposure? Different workplaces will have different needs but the following steps are a good start:
- Position workers to allow for physical distancing. Keep 2 metres distance between workers and customers, clients, and other workers.
 - Provide soap and water or hand sanitizers and encourage workers to wash their hands frequently.
 - Enhance cleaning and disinfecting of the workplace, particularly high-contact items such as door handles, faucet handles, keyboards, and shared equipment (e.g., photocopiers).
- 9 How are you checking and tracking whether the above steps are being taken?

Prohibition of workers who are ill and those returning from outside Canada

- 10 What are you and your supervisors and managers doing to prohibit the following workers from coming to work?
- Workers who are displaying symptoms (e.g., fever, cough, sore throat, sneezing), whether or not the illness has been confirmed as COVID-19.
 - Workers who have travelled internationally. It is mandatory for all travellers returning to Canada to self-isolate for 14-days.
 - Workers who live in the same household as a confirmed or clinical COVID-19 case who is self-isolating, or who have been exposed to a confirmed COVID-19 infected person and advised by 811 (public health) to self-isolate.
- 11 How are you communicating these messages to your managers, supervisors, and workers?
- 12 What are you doing to track and communicate with workers who fall into one of the above categories?

For more information about preventing workplace exposure to COVID-19 visit worksafebc.com and the BC Centre of Disease Control.

Backgrounder

Workplace bullying and harassment

WorkSafeBC's Board of Directors has approved three Occupational Health and Safety (OHS) policies under Sections 115, 116, and 117 of the *Workers Compensation Act*, dealing with workplace bullying and harassment. The policies define bullying and harassment and explain the duties of employers, workers, and supervisors to prevent and address workplace bullying and harassment. These duties apply to the approximately 215,000 employers and 2.2 million workers currently served by WorkSafeBC.

What is the definition of workplace bullying and harassment according to WorkSafeBC's policies?

Bullying and harassment includes any inappropriate conduct or comment by a person towards a worker that the person knew or reasonably ought to have known would cause that worker to be humiliated or intimidated, but excludes any reasonable action taken by an employer or supervisor relating to the management and direction of workers or the place of employment.

What do these policies mean?

The *Workers Compensation Act* sets out the general duties of employers, workers, and supervisors to ensure or protect the health and safety of workplace parties.

The OHS policies identify the steps that WorkSafeBC considers reasonable for workplace parties to take to prevent and address workplace bullying and harassment.

When do these policies take effect?

The bullying and harassment policies become effective November 1, 2013.

What do I need to do as an employer?

Understand your duties as an employer to prevent and address workplace bullying and harassment. Your duties include the following:

- not engaging in bullying and harassment of workers and supervisors
- developing a policy statement for your workplace
- taking steps to prevent or minimize bullying and harassment
- developing and implementing procedures for workers to report incidents and complaints of bullying and harassment
- developing and implementing procedures for dealing with incidents and complaints
- informing and training workers and supervisors
- annually reviewing the policy statement and procedures for reporting and dealing with incidents and complaints

What do I need to do as a supervisor?

A supervisor's duties include:

- not engaging in bullying and harassment of other workers, supervisors, or the employer
- applying and complying with the employer's policies and procedures on bullying and harassment

What do I need to do as a worker?

A worker's duties include:

- not engaging in bullying and harassment of other workers, supervisors, or the employer
- reporting bullying and harassment observed or experienced in the workplace
- applying and complying with the employer's policies and procedures on bullying and harassment

Why are these policies important to the workplace?

There are negative effects of bullying and harassment on workers and workplaces. Not only can bullying and harassment impair work performance and lead to increased absenteeism, it can lead to depression, anxiety, and post-traumatic stress disorder. It not only affects workers subjected to this behaviour, but can negatively affect witnesses and bystanders as well.

What is WorkSafeBC's role in the enforcement of these policies?

There is no planned "enforcement blitz." WorkSafeBC prevention officers will respond to enquiries and concerns about bullying and harassment in the workplace through existing inspection practices. Prevention officers will engage in inspection, consultation, and education activities with respect to workplace bullying and harassment as they would for any occupational health and safety requirement.

Resources and additional information

WorkSafeBC prevention information line
1.888.621.7233

Employers' Advisers Office
www.labour.gov.bc.ca/eao/

Workers' Advisers Office
www.labour.gov.bc.ca/wab/

WorkSafeBC has created a package of tools and resources to help workplace parties prevent and address workplace bullying and harassment. Access the online tool kit and OHS policies at www.worksafebc.com/bullying.

COVID-19 health and safety

Cleaning and disinfecting

The virus that causes COVID-19 is easily destroyed by mild soap and water. This works well for handwashing, but cleaning surfaces effectively can be a challenge. That's why it's important to clean and disinfect surfaces, especially high-contact surfaces, which are surfaces that are contacted frequently and/or by many people.

How COVID-19 spreads

COVID-19 is an infectious disease that mainly spreads among humans through direct contact with an infected person and their respiratory droplets. Respiratory droplets are generated by breathing, speaking, coughing, and sneezing. Your exposure risk is greatest when you have prolonged close contact with an infected person.

The virus can also spread if you touch a contaminated surface and then touch your eyes, mouth, or nose. A surface can become contaminated if droplets land on it or if someone touches it with contaminated hands.

Cleaning and disinfecting

Effective cleaning and disinfection involves a two-stage process.

Cleaning

To disinfect a surface effectively, you must clean it first to remove surface dirt and debris. Any residue left on work surfaces and equipment may deactivate the disinfectant. Use soap or detergent as a cleaning agent.

Disinfection

After cleaning, apply a disinfectant to the surface. You need to leave the disinfectant on for a specified contact time to neutralize any remaining organisms. Look for recommended contact times on product instructions.

What surfaces you should clean and disinfect

Start by cleaning and disinfecting all the common surfaces that workers and customers touch. Examples include doorknobs, light switches, handles, countertops, desks, tables, phones, keyboards, touch screens, toilets, faucets, gas pump handles, and ATM machines.

Conduct a survey of your workplace to determine if there are other surfaces that workers, customers, or children touch regularly. A workplace where the public can come and go will need a more thorough assessment and plan than a small shop where there are normally just a few workers.

Clean and disinfect common high-contact surfaces inside and outside to limit the chance of the virus spreading through touching contaminated surfaces.

What you can use to clean and disinfect

For cleaning, you can use regular soap and water or another cleaning solution. Depending on how many people are in the space and how it's used, you may need to clean some spaces more frequently.

There are a number of products you can use for disinfection. Health Canada has a [list of disinfectants for use against COVID-19](#). They all have an assigned drug identification number. These are consumer products that don't require a safety data sheet, like some controlled products you may be familiar with. However, it's still important to follow whatever safety information is available for the product. Use these products with caution, as directed on the label, to avoid introducing other hazards into your workplace.

One of the most common disinfectant solutions is water and bleach. You can make a 500 ppm bleach solution by adding 42 mL (3 tablespoons) of bleach to 4 L (1 gallon) of water. For other quantities, use this [bleach calculator](#). Never mix bleach with other disinfecting products. This can result in dangerous fumes. For more information, visit the BC Centre for Disease Control's [Cleaning and Disinfecting](#) webpage.

Some sanitizing solutions contain up to 70 percent alcohol and will release flammable vapours. Use these with caution, and don't use them if there are ignition sources nearby.

Make a plan for cleaning and disinfecting your workplace

Ask the following questions when making your plan:

- What surfaces and objects are workers likely to touch? Do they share any tools or equipment?
- What cleaning materials and supplies will you need? Buy a reasonable supply.
- How often will you need to clean? Clean at least once a day for most surfaces and at least twice a day for high-contact surfaces. Consider how many workers are in the space; whether customers, children, or other members of the public are in the space; how long they're in the space; and how they use the space.
- When is the best time to clean? Consider cleaning before or after shifts, or before opening or after closing. Allow enough time for a thorough cleaning. Time the cleaning so it limits worker and customer exposure to cleaning and disinfecting odours.
- Who will do the cleaning? You may need to limit the number of cleaners and ensure they have time to clean effectively. Make sure workers who are cleaning have been trained to use the cleaning products safely.
- What personal protective equipment (PPE) will the cleaners need to protect against the cleaning chemicals?

There may be some machinery or equipment in your workplace that isn't used often. To reduce the amount of cleaning you have to do, consider cleaning these items and then boxing them or covering them with plastic drop sheets or tarps until you need them.

Handwashing

Regular handwashing is an important part of maintaining clean surfaces. Establish handwashing procedures and communicate them to workers. Establish policies to ensure that workers are washing their hands regularly: at a minimum, when they arrive, immediately before any breaks, and just before leaving. This may be the most important infection control for your workplace.

Ensure workers have access to handwashing facilities. If none are available, set up handwashing stations or provide alcohol-based hand sanitizer.

Let's all do our part

When workplaces in British Columbia are healthy and safe, they contribute to a safe and healthy province. As COVID-19 restrictions are lifted and more businesses resume operations, let's all do our part. For more information and resources on workplace health and safety, visit [worksafebc.com](https://www.worksafebc.com).

OPENING CHECK LIST

Employee name

Month:



Please read the following and answer yes and no.

Date:										
Sanitized kitchen tables before use	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No
Sanitized Cash Register	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No
Sanitized Debit Machine	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No
Sanitized free standing equipment	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No
Sanitized all floor handles and on all fridges	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No
All team members have a mask or mask and visor	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No
All Student have access to hand sanitizer	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No
Did you wash your hands throughout the day and after every task	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No
Date:										
Sanitized kitchen tables before use	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No
Sanitized Cash Register	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No
Sanitized Debit Machine	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No
Sanitized free standing equipment	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No
Sanitized all floor handles and on all fridges	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No
All team members have a mask or mask and visor	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No
All Student have access to hand sanitizer	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No
Did you wash your hands throughout the day and after every task	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No
Date:										
Sanitized kitchen tables before use	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No
Sanitized Cash Register	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No
Sanitized Debit Machine	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No
Sanitized free standing equipment	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No
Sanitized all floor handles and on all fridges	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No
All team members have a mask or mask and visor	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No
All Student have access to hand sanitizer	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No
Did you wash your hands throughout the day and after every task	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No
Date:										
Sanitized kitchen tables before use	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No
Sanitized Cash Register	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No
Sanitized Debit Machine	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No
Sanitized free standing equipment	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No
Sanitized all floor handles and on all fridges	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No
All team members have a mask or mask and visor	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No
All Student have access to hand sanitizer	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No
Did you wash your hands throughout the day and after every task	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No



Visitors policy sign in sheet

	YES	NO
Do you have a sore throat		
Do you have a runny nose		
Do you have aches or pains that relate to flu like symptoms		
Have you noticed a difference in taste and smell of foods		
Do you agree to wear a facing covering of mask or mask and face shield while on the premises		
Have you been with any one yesterday out of your bubble		
Have you travelled outside of Canada in the last 7 days		
Have you been tested for Covid-19 in the last 10 days		
Have you been around any one who has tested positive with covid-19 in the last 7 days		
Temperature		

DATE

Signed

Print Name