

Approximately 100 people will be on-site during the holiday shutdown to maintain operations. Limited personnel are required over the holiday shutdown and are needed to restart commissioning as efficiently as possible. A shift change for the holiday shutdown personnel is planned for December 29 and a small cohort of workers to commence commissioning and carryout annual fire safety maintenance is planned for January 4, these workers constitute **Group A** below.

Ramp-up will begin with workers returning to site starting January 11<sup>th</sup> (those in **Group B & Group C**), with 500-600 workers on-site by the end of January.

Small numbers of additional staff may be required to work at site depending on circumstances to address specific/specialized requirements. Such cases are individually reviewed and approved by the Manitoba Hydro Site Support Manager or delegate

### **Returning from Holiday Shutdown – COVID-19 Requirements**

Everyone is safer if we all do our part, which means preventing the spread of COVID-19 while at home and while at site. It’s important to follow COVID-19 safety protocols from your local health authority, however the below requirements are the **minimum standards** we expect you to follow to ensure we are keeping site safe.

*Please refer to the attached documents; Self-Isolation Requirements and Guidelines While at Home for further information.*

<b>Group A – Shift Change December 29, 2020 and Jan. 4</b>	
<b>Requirements Before Travelling to Site</b>	<b>Requirements for Traveling to Site and While On-Site</b>
<p>Although you will not be required to self-isolate before you travel to site, you are required take the following precautions to reduce your risk of contracting and spreading COVID-19. See attached <u><a href="#">Guidelines While at Home</a></u>.</p> <ul style="list-style-type: none"> <li>• Limit your in-person social interactions; this means you are <b>avoiding in-person social gatherings</b> and limiting your social interactions to those in the same household as you.</li> <li>• <b>Stay home as much as possible</b>; limit your shopping for only essentials ideally to once a week or longer.</li> <li>• <b>Stay home if you have symptoms</b>; if you have any symptoms of COVID-19 stay home and contact your supervisor immediately as well as your local health authorities for next steps.</li> </ul>	<ul style="list-style-type: none"> <li>• <b>Submit to a COVID-19 screening test and complete questionnaire</b> the day you are traveling to site, or on arrival to site (for drivers).</li> <li>• <b>Submit to a COVID-19 screening test</b> twice during your rotation, at 5-7-day intervals.</li> <li>• <b>Self-monitor for 14 days</b> after arriving on site; this includes monitoring your temperature twice daily, monitoring for any other COVID-19 symptoms and reporting to medical services if you develop any symptoms.</li> <li>• Stay in your <b>cohort/groups</b> and ensure <b>physical distancing</b> is adhered to.</li> <li>• You should <b>remain in your dorm room</b> (as much as possible), after work hours.</li> </ul>

Group B – Returning to site Between January 7 – 22, 2021	
Requirements Before Travelling to Site	Requirements for Traveling to Site and While On-Site
<ul style="list-style-type: none"> <li>• <b>10-day period of Self-Isolation</b> prior to travelling to site is required. See attached <u><a href="#">Self-Isolation document</a></u></li> <li>• <b>10-day period of Self-Monitoring</b> prior to travelling to site is required. This includes monitoring your temperature twice daily and monitoring for any other COVID-19 symptoms.</li> <li>• <b>Stay home if you have symptoms.</b> If you have any symptoms of COVID-19 stay home and contact your supervisor immediately as well as your local health authorities for next steps.</li> </ul>	<ul style="list-style-type: none"> <li>• <b>Submit to a COVID-19 screening test and complete questionnaire</b> the day you are traveling to site, or on arrival to site (for drivers).</li> <li>• <b>Submit to a second COVID-19 screening test on site, 7-10 days after arrival.</b></li> <li>• <b>Self-monitor for 14 days</b> after arriving on site; this includes monitoring your temperature twice daily, monitoring for any other COVID-19 symptoms and reporting to medical services if you develop any symptoms.</li> </ul>
Group C – Returning to Site after January 23, 2021	
Requirements Before Travelling to Site	Requirements for Traveling to Site and On-Site
<ul style="list-style-type: none"> <li>• <b>7-day period of Self-Isolation</b> prior to travelling to site is required. See attached <u><a href="#">Self-Isolation document</a></u></li> <li>• <b>7-day period of Self-Monitoring</b> prior to travelling to site is required. This includes monitoring your temperature twice daily and monitoring for any other COVID-19 symptoms.</li> <li>• <b>Stay home if you have symptoms.</b> If you have any symptoms of COVID-19 stay home and contact your supervisor immediately as well as your local health authorities for next steps.</li> </ul>	<ul style="list-style-type: none"> <li>• <b>Submit to a COVID-19 screening test and complete questionnaire</b> the day you are traveling to site, or on arrival to site (for drivers).</li> <li>• <b>Submit to a second COVID-19 screening test on site, 7-10 days after arrival.</b></li> <li>• <b>Self-monitor for 14 days</b> after arriving on site; this includes monitoring your temperature twice daily, monitoring for any other COVID-19 symptoms and reporting to medical services if you develop any symptoms.</li> </ul>

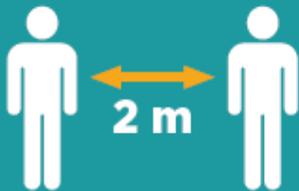
# COVID-19 GUIDELINES WHILE AT HOME

Everyone is safer if we all do our part, which means preventing the spread of COVID-19 while at home. It's important to follow COVID-19 safety protocols from your local health authority and to stay home if you feel sick.

Safe at home behavior means always following the three **W**'s

## WATCH YOUR DISTANCE

- ▶ Physical distancing means keeping a safe distance of at least two meters from others at all times. Always practice physical distancing even if you have no symptoms, no known risk of exposure and regardless of your travel history.



## WEAR A MASK

- ▶ You could spread COVID-19 to others even if you do not feel sick.
- ▶ A mask is not a substitute for physical distancing.
- ▶ Completely cover your nose and mouth, fit snugly against the side or your face and make sure you don't have any gaps.



## WASH YOUR HANDS

- ▶ Wash your hands often with soap and water for at least 20 seconds especially after you have been in a public place, or after blowing your nose, coughing, or sneezing.
- ▶ If soap and water are not readily available, use a hand sanitizer that contains at least 60% alcohol. Cover all surfaces of your hands and rub them together until they feel dry.
- ▶ Avoid touching your eyes, nose, and mouth with unwashed hands.



Also, it is important to remember to **clean and disinfect** regularly around your home and areas you frequent, such as your vehicle.



▶ Regularly wipe down surfaces that others may have touched like light switches and door handles.

▶ Avoid placing toothbrushes directly on the counter.

▶ Keep disinfecting wipes and sanitizer in your vehicle or with you when you leave the house.

Do your part to help reduce the spread of COVID-19. This is the best way to keep you and the people around you safe.

## LOW RISK ACTIVITIES

- ▶ Practice physical distancing at all times, wash hands often, and stay home when sick
- ▶ Shop only for essentials
- ▶ Limit errands to 1x per week

## MEDIUM RISK ACTIVITIES

- ▶ Shop in-store more than 1-2x per week
- ▶ Go out with spouse/children/others
- ▶ Visit friends and family who do not live with you
- ▶ Stand less than 6 feet away from others

## HIGH RISK ACTIVITIES

- ▶ Visit busy places, including stores
- ▶ Attend large gatherings of any kind
- ▶ Poor hand hygiene
- ▶ Not staying home when sick

Available in accessible formats upon request.

# Self-Isolation Requirement

**Self-isolation is a behavior that helps prevent the spread of COVID-19.**

If you are going to the Keeyask project site, you are required to **self-isolate** prior to travel. The purpose of this self-isolation is to prevent the spread of COVID-19 from outside the site to the project. You may not necessarily be ill with COVID-19, but there is a risk that you can carry the virus with you (without showing any symptoms). You must stay at a single location (i.e. home, hotel room, camp room), and stay away from other people.

During the isolation period you will also be required to **self-monitor** for symptoms. Self-monitoring means assessing yourself daily for symptoms - such as fever, cough, difficulty breathing, etc. - and taking your temperature once in the morning and once in the evening. If any symptoms develop, contact your local health authority immediately.

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## DO STAY HOME

- Use food delivery service or online shopping
- Have friends or family run errands if you can't get delivery.
- Schedule any appointments BEFORE you start your isolation— anytime you break isolation – your isolation period clock starts again.



## DO KEEP IN CONTACT WITH FRIENDS

- Use technology, such as video calls to keep in touch with friends and family.
- Host **virtual** hangouts or family dinners



## DO MONITOR YOUR SYMPTOMS

- Take and document your temperature daily.
- If you develop symptoms contact your local health authority and notify your supervisor.



## DO PROTECT OTHERS

- Wash your hands frequently
- Cough into your elbow
- Keep 2 metres (6ft) away from others - even inside your home.
- Everyone should wear a mask if they are in the same room as you.



## DO CONTINUE TO EXERCISE

- Exercise at home
- Go outside for some fresh air, or walk the dog, ensuring you stay 2 metres away from others.



## DO CLEAN ALL HIGH-TOUCH SURFACES

- High-touch surfaces: toilets, bedside tables, and door handles should be cleaned daily using a store-bought disinfectant.
  - High-touch electronics such as phones, computers, and other devices should be disinfected with 70% alcohol
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## DO NOT GO TO PUBLIC PLACES

- Stay away from shared public areas (e.g. malls, fitness centres, places of worship, restaurants, etc.)



## DO NOT HAVE VISITORS

- No visitors unless essential (e.g. a care provider)
- As much as possible stay in a separate room away from other people in your home.



## DO NOT SHARE PERSONAL ITEMS

- Including towels, toothbrushes, linens, thermometers, cigarettes, unwashed utensils, electronic devices (phones and computers), etc.



## DO NOT USE PUBLIC TRANSPORTATION

- Do not use public transportation, taxis, or rideshares.

## Frequently Asked Self-Isolation Questions

**What is the point of self-isolation?**

This is how you can help slow and reduce the spread of COVID-19 and protect your Brothers and Sisters on site.

**Why should I self-isolate if I don't have symptoms?**

You can have a virus in your body and not know it. It is important to stay at home and take the time to ensure you do not develop symptoms. The goal is to reduce the possibility of you bringing some of the virus up to site.

**Can I go to the mall?**

No. You must stay home.

**Can I use taxis/public transit/ride share?**

No. You cannot ensure that you are 2 metres from other people on public transit. Using taxis, public transit, and ride shares puts you at risk of picking up the virus as they are considered shared, public places.

**Should I go to a medical appointment?**

Try to schedule medical appointments before your isolation period. If you must seek medical care, wear a mask and try avoiding as many people as possible. Notify your employer that you will be leaving isolation in advance for approval. Walk or drive yourself to your appointment if possible.

**Can I go for a walk outside?**

Yes. It is important to continue to exercise. BUT it is important that you avoid crowded areas and stay at least 2 metres from other people. Wash your hands before you leave your home and when you return.

**Can I go to the pharmacy to pick up my medication?**

No. If you need medications, use a pharmacy delivery service or ask a friend to pick them up and bring them to your home.

**Can I get the mail and newspaper?**

If your mail is delivered directly to your house, it is ok to go to your mailbox. Make sure you wash your hands. If your mail is delivered to an apartment or community mailbox, or the post office, ask a friend to pick it up and deliver it to you.

**Can I go through a drive-through for coffee/food?**

No. Self-isolation means staying isolated at home. Use delivery services or ask someone to deliver coffee or food to you.

**Should I cancel my haircut/pedicure/spa treatment?**

Yes. These are examples of non-essential appointments.

**Can I have visitors?**

No. You are not isolated if other people are there with you – even for a minute. Use technology, such as video calls, to keep in touch with friends and family.

**Can I have playdates for my kids or playdates in my home?**

No. Consider novel ways to keep in touch like virtual meetings, virtual hangouts, video “family dinners”, or virtual playdates for your kids.