



## COVID-19 Protocols

If you are traveling from **Southern Manitoba** to Keeyask, you are required to:

- Complete the pre-screening Questionnaire
- Self-Isolate and self-monitor for 5 days prior to travel
- Complete a COVID-19 Screening test done the day of travel
- Complete a daily screening Questionnaire while on site
- Complete a COVID-19 Screening test 7 days after arriving to site

If you are traveling from **Northern Manitoba** to Keeyask, you are required to:

- Complete the pre-screening Questionnaire
- Self-Isolate and self-monitor for 7 days prior to travel
- Complete a COVID-19 Screening test done the day of travel
- Complete a COVID-19 Screening test 3 days after arriving to site
- Complete a COVID-19 Screening test 7 days after arriving to site
- Complete a daily screening Questionnaire while on site

If you are traveling from **Out Of Province** to Keeyask, you are required to:

- Complete the pre-screening Questionnaire prior to traveling to Manitoba
- Self-Isolate and self-monitor for 7 days prior to travel to site
- Complete a COVID-19 Screening test done the day of travel
- Complete a COVID-19 Screening test 3 days after arriving to site
- Complete a COVID-19 Screening test 7 days after arriving to site
- Complete a daily screening Questionnaire while on site

If you are traveling from an **International location** to Keeyask, you are required to:

- Complete the pre-screening Questionnaire prior to traveling to Manitoba
- Adhere to the Federal Government of Canada regulations
- Self-Isolate and self-monitor for 14 days in Manitoba Canada prior to travel to site
- Complete a COVID-19 Screening test done the day of travel to site
- Complete a COVID-19 Screening test 7 days after arriving to site
- Complete a daily screening Questionnaire while on site



## COVID-19 Protocols

### **Camp Facilities & Expectations:**

- A mask must be worn in all indoor common spaces. This includes the camp, construction work areas, while on buses, and in any motor vehicle with more than 1 occupant
- Kitchen/Dining room
  - Limited seating
  - A mask is not required while seated and eating in the Dining Room
- Theatre
  - Closed
- Golf Simulator
  - Open, one person per simulator
- Pool tables
  - Closed
- Commissary
  - Open, with only three patrons allowed in at one time
- Wellness Centre
  - Open, no mask required during work out but must physically distance and clean equipment prior to use and after
  - Gymnasium Closed, no group activities/classes
- Lounge
  - Open with limited seating



## COVID-19 Protocols

### 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.



#### **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 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



#### **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.



## COVID-19 Protocols

# 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.



## COVID-19 Protocols

### SELF-MONITORING PROCESS

Should any worker develop a fever of  $> 38^{\circ}\text{C}$  ( $100.4^{\circ}\text{F}$ ), cough, shortness of breath or breathing difficulties, or any other symptoms of COVID-19, such as: muscle aches, weakness, headache, sore throat or runny nose, then they must go to medical services immediately.

How to correctly take temperature:

- Take your temperature twice a day (morning and night), using a digital thermometer by mouth (oral).
- Do not eat, drink, smoke or chew gum for 30 minutes prior to taking your temperature
- Do not take Acetaminophen or Ibuprofen during the entire monitoring period UNLESS your health care provider advises you otherwise.
- Use the table below to record your temperature, and any other symptoms you may experience during the self-isolation period.

Day	Data	Temperature (in Celsius)		Symptoms Y/N
		Morning	evening	
1				
2				
3				
4				
5				
6				
7				
8				
9				
10				
11				
12				
13				
14				



## COVID-19 Protocols

### Keyyask Generation Station Project

#### Self-Isolation/Isolation COVID-19 Declaration

I was in  self-isolation or  isolation (check which applies and complete information below):

NAME:

POSITION:

PHONE #:

EMAIL:

SUPERVISORS NAME:

EMPLOYER/CONTRACTOR NAME:

I began self-isolation/isolation on the \_\_\_\_\_ day of \_\_\_\_\_, 20\_\_\_\_ and completed the requirement on \_\_\_\_\_ day of \_\_\_\_\_, 20\_\_\_\_.

I confirm that while I was in self-isolation/isolation I complied with all requirements, which included self-monitoring, as required by Manitoba Hydro and Manitoba Provincial health authorities.

**I declare that I have complied with the above-noted requirements and that this information is accurate and true. I understand that providing incomplete or inaccurate information could lead to disciplinary and/or removal of site access.**

**SIGNATURE:** \_\_\_\_\_

**DATE:** \_\_\_\_\_



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### Shared Health Screening Tool

	Yes	No
1. Do you have any of the following symptoms: <ul style="list-style-type: none"> <li>• Severe difficulty breathing (e.g., struggling for each breath, speaking in single words)</li> <li>• Chest pain</li> <li>• Confusion</li> <li>• Extreme drowsiness or loss of consciousness</li> </ul>		
2. Do you have shortness of breath at rest or difficulty breathing when lying down?		
3. Do you have a new onset or worsening of any of the following symptoms: <ul style="list-style-type: none"> <li>• Fever/chills</li> <li>• Cough</li> <li>• Sore throat/hoarse voice</li> <li>• Shortness of breath</li> <li>• Loss of taste or smell</li> <li>• Vomiting or diarrhea for more than 24 hours</li> </ul>		
4. Do you have a new onset of 2 or more of the following symptoms: <ul style="list-style-type: none"> <li>• Runny nose</li> <li>• Muscle aches</li> <li>• Fatigue</li> <li>• Pink eye</li> <li>• Headache</li> <li>• Skin rash of unknown cause</li> <li>• Nausea</li> <li>• Loss of appetite</li> </ul>		
A.1 Have you been in close contact in the last 14 days with someone that is confirmed to have COVID-19?		
A.2 Have you had laboratory exposure while working directly with specimens known to contain COVID-19?		
A.3 Have you been in a setting in the last 14 days that has been identified by public health as a risk for acquiring COVID-19?		
A.4 Have you received a notification from the COVID-19 alert app that you may have been exposed to COVID-19?		
A.5 Have you travelled outside of Manitoba in the last 14 days?		
A.6 in the last 14 days has anyone living in your household travelled outside of Manitoba?		
A.7 is a member of your household sick with COVID-19 symptoms, and they are not known to be exposed to COVID-19?		
A.8 Has a member of your household been identified as a close-contact and instructed to self-isolate (quarantine) by public health officials, and they are not able to isolate from you?		