



COVID-19 Protocols

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

- Must be fully vaccinated OR COVID-19 recovered within the last 90 days (proof of a covid-19 positive test required)
- Complete the pre-screening Questionnaire
- Complete a COVID-19 Screening test on the day of travel
- Complete a COVID-19 Screening test 3 days after arriving on site
- Complete a COVID-19 Screening test 7 days after arriving on site
- Complete a daily screening Questionnaire while on site

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

- Must be fully vaccinated OR COVID-19 recovered within the last 90 days (proof of a covid-19 positive test required)
- Complete the pre-screening Questionnaire
- Complete a COVID-19 Screening test on the day of travel
- Complete a COVID-19 Screening test 3 days after arriving on site
- Complete a COVID-19 Screening test 7 days after arriving on site
- Complete a daily screening Questionnaire while on site

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

- Must be fully vaccinated OR COVID-19 recovered within the last 90 days (proof of a covid-19 positive test required)
- Complete the pre-screening Questionnaire prior to traveling to Manitoba
- Self-Isolate and self-monitor for 7 days prior to travel to site
- Workers who have been fully vaccinated may apply (through their employer) for an exemption from the self-isolation period before traveling to site
- Complete a COVID-19 Screening test on the day of travel
- Complete a COVID-19 Screening test 3 days after arriving on site
- Complete a COVID-19 Screening test 7 days after arriving on site
- Complete a daily screening Questionnaire while on site

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

- Must be fully vaccinated OR COVID-19 recovered within the last 90 days (proof of a covid-19 positive test required)
- 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 Canada prior to travel to site
- Workers who have been fully vaccinated may apply (through their employer) for an exemption from the self-isolation period before



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traveling to site

- Complete a COVID-19 Screening test on the day of travel to site
- Complete a COVID-19 Screening test 7 days after arriving on site
- Complete a daily screening Questionnaire while on site

Proof of vaccination or COVID-19 positive test result must be submitted, and confirmation received prior to travel. Please submit documentation to: SM-KeeyaskPandemic-COVID19@hydro.mb.ca

Fully Vaccinated: individuals are considered fully vaccinated from COVID-19 14 days after receiving their second dose of a 2-dose vaccine or 14 days after receiving a single-dose vaccine.

Please note if you are required to enter the Keeyask Project and are not fully vaccinated or are COVID-19 recovered in the last 90-days please direct your questions to:

SM-KeeyaskPandemic-COVID19@hydro.mb.ca



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Close Contact Tracing

- Contact tracing is conducted by the Nurse Practitioner for all COVID-19 positive cases. When a close contact is identified (day 1) they are required to report to Medical Services for an assessment.
- The Nurse Practitioner will assess all close contacts and complete required COVID-19 testing.
 - Positive Result: required to isolate immediately for a minimum of five days.
 - Negative Test Result and Symptomatic: required to isolate immediately until negative test results received and symptom free for 24hrs.
 - Negative Result: the contact will return to work and be required to complete follow-up testing as identified in the table below. The contact is also required to self-monitor for seven days and report the onset of any symptoms to the Nurse Practitioner.

Day	Abbott ID	PCR Lab Test	Rapid Test
1	x	x	
2			x
3			x
4		x	x

- In addition, the Day 3 & 7 on-site screening tests must be completed as scheduled.

Commuting

Commuting is suspended until further notice.

Inbound and outbound busing and flights

- Physical distancing is not required although encouraged where possible
- N95 or KN95 masks are mandatory
- Cohorting is still required where possible
- N95 or KN95 masks will be required on the Gillam/Thompson shuttles



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Site Busing and Vehicles

- Light duty vehicles are restricted to a maximum of four occupants; occupants should sit as far apart as possible
- Masks are mandatory when there is more than one occupant
- Physical distancing is recommended where possible
- Cohorting/tracking is required, to the degree possible
- Individuals must follow the COVID-19 Guidelines implemented by their employer

Construction Site Work Fronts

- KN95 or N95 respirator mask usage is recommended but not required
- Mask usage is recommended when unable to maintain 2 metres (6 feet) of physical distance and when moving around the workplace
- Physical distancing is recommended where practicable
- Cohorting is encouraged
- Individuals must follow the COVID-19 Guidelines implemented by their employer
- Periodic audits and checks will be performed to determine vaccination status

Camp Facilities & Expectations:

- KN95 or N95 respirator mask usage is recommended but not required in all indoor, common spaces
- Kitchen/Dining room
 - Open at full capacity with no restrictions
 - ~~○ Maximum 50% capacity~~
 - ~~○ 2 people per table~~
 - ~~○ Tables spaced 2 metres (6 feet) apart~~
- Theatre – Open
 - Limited capacity
 - 2-metre separation for seating
 - Masks are recommended but not required
- Golf Simulator – Open
 - Masks are recommended but not required
- Pool tables – Open
 - Masks are recommended but not required
 - Physical distancing of two metres (6 feet) apart is recommended
- Commissary – Open
 - Only three patrons allowed in at one time



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- Wellness Centre
 - Opened at a reduced capacity
 - Mask usage is recommended but not required when unable to maintain two meters (6 feet) of physical distance
 - Physical distancing of two metres (6 feet) apart is recommended
 - Equipment must be cleaned before and after use by the user
 - No group classes or activities
 - Saunas- Open
 - 1 person per time in the sauna
 - Door must be left open for 10 minutes between patrons
- Lounge
 - Open at full capacity with no restrictions
 - ~~○ Maximum 50% capacity~~
 - ~~○ 2 people per table~~
 - ~~○ Tables spaced 2 metres (6 feet) apart~~



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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.



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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.



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SELF-MONITORING PROCESS

Should any worker develop a fever of $> 38^{\circ}\text{C}$ (100.4°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				



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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"> • Severe difficulty breathing (e.g., struggling for each breath, speaking in single words) • Chest pain • Confusion • Extreme drowsiness or loss of consciousness 		
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"> • Fever/chills • Cough • Sore throat/hoarse voice • Shortness of breath • Loss of taste or smell • Vomiting or diarrhea for more than 24 hours 		
4. Do you have a new onset of 2 or more of the following symptoms: <ul style="list-style-type: none"> • Runny nose • Muscle aches • Fatigue • Pink eye • Headache • Skin rash of unknown cause • Nausea • Loss of appetite 		
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?		