

Information leaflet for contractors and maintenance staff on healthcare sites

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Coronavirus COVID-19

The virus that causes COVID-19 is spread in droplets that come from the mouth or nose when a person who is infected with the virus sneezes, coughs, laughs or talks. To infect you the virus has to get into your eyes, nose or mouth. This can be directly if you are standing near the person with infection (the droplets might land on in your eye or inside your nose or mouth). It can be indirectly (virus gets on your hands and you put it into your eye or inside your nose or mouth) the virus cannot pass through you skin. If you can keep your distance, keep your hands away from your face and clean your hands often this will help you to protect yourself and others from the virus.

<p>Symptoms of COVID-19 Do not come to work if you have any respiratory symptoms even if vaccinated.</p> <p>Common symptoms of COVID-19 include:</p> <ul style="list-style-type: none">• a fever (high temperature - 38 degrees Celsius or above)• a cough - this can be any kind of cough, not just dry• shortness of breath or breathing difficulties <p>People may be infectious for up to 2 days before they develop symptoms (pre- symptomatic transmission). Seek medical advice from your GP. They will decide if you need to be tested.</p> <p>If you have suspected or confirmed COVID-19 you must self-isolate for 10 full days. You can return to work after the 10 full days once you have not had a fever in the last 5 days. If you are not sure check with your doctor before you go back to work.</p> <p>Report your illness to your supervisor. The supervisor must alert the manager of the Healthcare Facility.</p>	<p>Hand Hygiene</p> <p>Frequent hand-washing with soap and water (or using hand sanitiser if your hands are visibly clean)</p> <p>You should clean your hands:</p> <ul style="list-style-type: none">• after coughing or sneezing• before and after eating• before and after preparing food• if you were in contact with someone who has a fever or respiratory symptoms (cough, shortness of breath, difficulty breathing)• before and after being on public transport• when you arrive and leave buildings including your workplace, home or anyone else's home• before having a cigarette or vaping (but remember smoking kills)• if your hands are dirty• after toilet use• before putting on PPE and after removal of PPE• Before and after entering a healthcare facility
<p>Social Distancing</p> <p>Maintaining more than 2m of separation with others and eliminating close contact with others There is very little risk if you are just passing someone. Try to keep a distance of 2 metres as much as possible.</p> <p>Limit interaction with other contractors/ people.</p> <ul style="list-style-type: none">• Where possible, limit the number of trades in the same area at the same time.• Maintain distance during interactions and deliveries.	<p>Respiratory etiquette</p> <p>Cover a cough or sneeze with a tissue, then bin the tissue and wash your hands. Use the crook of your arm or a sleeve instead of a hand if you do not have a tissue.</p> <p>Avoid touching your eyes, nose and mouth.</p> <p>Cleaning</p> <p>Clean commonly touched surfaces and objects regularly (e.g., door handles, touch screens, mobile equipment controls, shared power tools) throughout the workday</p>



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<p>Personal Protective Equipment (PPE) Follow your Health & Safety Officer advice re recommended PPE appropriate to your work for example eye protection.</p> <p>You may be advised to wear a face mask for interactions >15mins if social distancing of 2m cannot be maintained.</p>	<p>Clinical Areas Do not enter clinical areas or patient rooms until you have been told it is OK to do so – you may be advised to wear additional personal protective equipment (PPE)</p> <p>Follow instructions from the nurse in charge on how to put on and remove and dispose of PPE in clinical areas</p>
<p>Deliveries Ensure specific instructions for deliveries to different worksites are available and have been agreed.</p> <ul style="list-style-type: none"> • Establish a drop-off location and all the procedures to be used at the drop-off point. • Create signage to easily identify drop-off points. Include contact information on the signs to assist with questions leading up to delivery and upon arrival. 	<p>If you become sick at work You must immediately go home or go to a place where you can avoid contact with other and seek medical care as needed. If you need medical advice, phone your doctor before you to the surgery. Notify your supervisor, who must inform the manager of the Healthcare Facility if you may have COVID-19. [Note the supervisor must indicate that a person working in an area on specific days may have COVID-19 they do not need to identify you by name]</p> <p>If someone goes home because they are sick with COVID-19, the area where the person worked and the tools and equipment they used should be cleaned and disinfected prior to use by others.</p>