

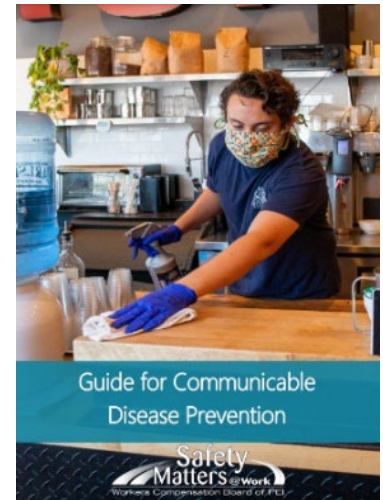
Communicable Disease Prevention

What is a communicable disease?

A communicable disease is an illness caused by an infectious agent, or its toxic product, that can be transmitted in a workplace from one person to another. Examples of communicable diseases that may circulate in a workplace include COVID-19, norovirus, and seasonal influenza.

Communicable Disease Prevention Guide

The Workers Compensation Board of PEI developed a [Communicable Disease Prevention Guide](#) that provides information for employers to create a communicable disease plan. An effective plan includes ongoing measures to reduce the risk of communicable disease and additional measures for when there is an elevated risk of communicable disease. A useful template is provided at the end of the guide to assist with documenting and communicating communicable disease prevention measures. Managing communicable disease at your workplace is part of an effective occupational health and safety program.



What can workplaces do?

- Provide hand-hygiene facilities with appropriate supplies.
- Offer alcohol-based sanitizers when regular facilities are not available (or to employees working on the road).
- Post signage to remind workers to wash their hands regularly and to cover coughs and sneezes.
- Maintain a clean and sanitary environment through routine cleaning processes that are appropriate for your industry and work practices.
- Clean objects that are touched frequently, such as workstations, doorknobs, handles, railings, kettles, etc. more often with regular disinfectants or soap and water.
- Ensure ventilation systems are working properly.

You can stay healthy and help prevent the spread of infection by:

- Washing your hands often with soap and water for at least 20 seconds.
- Avoiding touching your eyes, nose or mouth with unwashed hands.
- Avoiding close contact with people who are sick.
- Coughing or sneezing into your shoulder/sleeve and not your hands.
- Staying home if you are sick to avoid spreading illness to others.



Hand Hygiene Video

Review WorkSafe BC's video on [Hand Hygiene: How to Reduce the Spread of Germs](#) to learn the proper techniques for handwashing and for using sanitizer. Good hand hygiene is one of the best ways to reduce the spread of germs and diseases.

Poster Resources:

- [How to Wash Hands - 6 steps \(WorkSafe BC\)](#)
- [When to Wash Your Hands \(WorkSafe BC\)](#)
- [Cover Coughs and Sneezes \(WorkSafe BC\)](#)
- [Take the Time to Wash Your Hands \(CCOHS\)](#)
- [Prevent the Spread – 5 Healthy Hygiene Habits \(CCOHS\)](#)
- [Prevent the Spread of Infections \(CCOHS\)](#)

Sources:

- [WCB PEI Guide for Communicable Disease Prevention](#)
- [WCB PEI Prevention Update – COVID-19: What Workers and Employers Need to Know \(March 2020\).](#)
- [WorkSafe BC - Hand Hygiene: How to Reduce the Spread of Germs](#)

Prevent the Spread

5 Healthy Hygiene Habits

to protect against viruses



- Cover your mouth and nose with a tissue when you cough or sneeze, or cough into your elbow.
- Throw away used tissues immediately.
- Wash your hands, especially after using tissues.
- Avoid touching your eyes, nose or mouth. Germs on your hands can transfer into your body.
- Stay home or keep your distance when you are ill or not feeling well. Stay at least 2 metres away to prevent infecting people around you.



Be ready for the flu and other infectious diseases in the workplace.



How to wash your hands

1 Remove any rings or other jewellery.



2 Wet and lather your hands and wrists with soap. When using bar soap, set it on a rack to dry after use.



3 Scrub for 15-20 seconds: palm to palm, between and around fingers, back of each hand, fingertips and under nails.



4 Rinse thoroughly under running water.



5 Dry hands with a single use towel or air dryer.



6 Protect your hands from touching dirty surfaces while in the washroom, and as you leave.



information and updates



Public Health
Agency of Canada



Provincial and
territorial
governments



Local health
authorities



Local
Media

Tips for Employers



- Provide hand washing facilities and extra sanitizing gels in key places.
- Make sure work surfaces are kept clean including door knobs and hand railings as well as shared telephones, keyboards, and boardroom tables.
- Increase the distance between workstations.
- Make sure ventilation systems are working properly.
- Allow working from home where possible.
- Develop corporate policies that let workers know what to expect in terms of sick leave and leave to care for families. Make sure workers know that they can – and should – stay home if they are not feeling well.
- Encourage workers to get a seasonal flu shot.
- Create a business continuity plan that details how you will continue to function during or after a flu and infectious disease outbreak.
- Cross train workers so that others can cover job duties if necessary.

www.ccohs.ca/outbreaks/



Staying home when sick and handwashing are the most effective ways to help slow the spread of a virus.