



SOCIAL DISTANCING PROTOCOL FOR REMOTE WORK CAMPS – IN RELAXING PHASE 2

Background:

Human coronaviruses are common and are typically associated with mild illnesses, similar to the common cold. The new coronavirus disease (COVID-19) is caused by an easily transmittable virus, producing mild to severe respiratory infections, with no treatment or vaccine available at this time. The health system in the NWT has limited capacity to respond to a pandemic. Extra precautions shall be taken to limit the spread of COVID-19 into NWT communities.

The Chief Public Health Officer of the Northwest Territories recommends social distancing as a means to prevent the spread of COVID-19. Social distancing means limiting the amount of people you come into contact with, which lowers the risk of passing or catching the virus. While workers such as mine employees, oil and gas workers, and construction workers in remote camps may be permitted to continue to work from their job site in some situations, there are additional guidelines for those who are permitted to work and move between communities during this pandemic.

Applicable Public Health Orders:

The Northwest Territories (NWT) Chief Public Health Officer (CPHO) has issued the following public health order applicable to mineral and petroleum remote work camps and required social distancing prior to attending work at such camps:

1. Public Health Order – COVID-19 Directed at Mineral and Petroleum Industry, effective April 10, 2020; and
2. Public Health Order – COVID-19 Relaxing Phase 2, effective June 12, 2020.

Scope and Applicability:

This Protocol applies to all workers referenced in the Public Health Order – COVID-19 Directed at Mineral and Petroleum Industry, effective June 25, 2020. For greater clarity, this applies to both workers who are NWT residents and those residing elsewhere in other jurisdictions.

This Protocol may also be used by remote infrastructure work camps in association with guidance from the Workers' Safety and Compensation Commission.



Provisions:

1. All Workers:

The following steps shall be taken by all workers:

- a. Practice social distancing for 14 days prior to traveling within the NWT;
- b. Practice enhanced hand hygiene;
- c. Follow healthy respiratory practices and enhanced disinfection procedures;
- d. Monitor themselves for symptoms 14 days prior to traveling within the NWT, using the attached daily self-monitoring form;
- e. Follow guidance included in this Protocol if you or a member of your household have or develop COVID-19 symptoms during the 14 days prior to travelling within the NWT;
- f. Have the completed daily self-monitoring form ready if required to produce the completed form at a port of entry into the NWT; and
- g. Provide the completed daily self-monitoring form to their Occupational Health Supervisor upon arrival to the remote camp.

Social distancing means making changes in your everyday routines in order to minimize close contact with others, including:

- Avoiding crowded places and non-essential gatherings;
- Avoiding common greetings, such as handshakes;
- Keeping a distance of at least 2 meters from all persons not in your immediate household at all times;
- Stay home as much as possible, including for meals and entertainment
- Shop or take public transportation during off-peak hours
- Wherever possible, use technology to keep in touch with friends and family;
- Wherever possible, use food delivery services or online shopping;
- Wherever possible, exercise at home or outside away from others;
- Travel to airports in a private vehicle whenever possible rather than public transportation;
- Avoid spending unnecessary time at public access points, including delivery locations or cafeterias; and
- Avoid using crowded rest stops or stores.



Enhanced hand hygiene means:

- Greet with a wave instead of a handshake, a kiss or a hug;
- Wash your hands frequently for at least 20 seconds and avoid touching your face;
- Use hand sanitizer when soap and water is not available;
- Avoid touching surfaces people touch often.

Healthy respiratory practices means:

- Cough or sneeze into the bend of your arm or a tissue;
- Wear a mask or facial barrier when unable to stay two metres from others (i.e. flights or shared transport);

Enhanced disinfection procedures means clean and disinfect regularly, disinfecting high-touch areas such as toilets, bedside tables, keyboards, keypads, and door handles twice a day, with an agent effective against coronavirus. Coronavirus is easy to kill with appropriate disinfectants. Disinfect the interior of your vehicle and accommodations using sanitizing wipes or a bleach solution.

Health Canada has produced a list of registered disinfectants that are qualified for use against COVID-19:

<https://www.canada.ca/en/health-canada/services/drugs-health-products/disinfectants/covid-19/list.html>

Some appropriate disinfectants include:

- Diluted bleach solution
- Accelerated hydrogen peroxide (0.5%)
- Quaternary ammonium compounds (QUATs)

Always check the manufacturer's information to assure the product is effective against coronaviruses. Follow the product instructions for the dilution and contact time. Unless otherwise stated on the product, use a detergent to clean the surface of all visible debris prior to the application of the disinfectant.

Surfaces that have become soiled with respiratory secretions or bodily fluids should be cleaned twice: once to remove the secretions, and second with an effective disinfectant to disinfect the area.

Use disposable gloves and protective clothing (e.g. plastic aprons, if available) when cleaning or handling surfaces, clothing or linen that has been soiled with bodily fluids.



Guidance Regarding COVID-19 Symptoms:

If a worker or members of their household exhibit symptoms of COVID-19 including fever, new or worsening cough, shortness of breath, tiredness, muscle aches, sore throat, runny nose, headache, diarrhoea, vomiting, loss of appetite, loss of taste, or loss of smell, they shall immediately self-isolate and contact a local health care provider. Workers should get tested, follow health care provider advice, and notify their employer immediately for further direction. Workers shall not return to work for as long as they have COVID-19 symptoms or test positive for COVID-19.

If a worker is concerned they may have COVID-19 symptoms they should separate themselves from others as soon as they present symptoms. If they are outside their home when a symptom develops, workers shall go home immediately and avoid taking public transit. When travelling between communities, workers shall monitor themselves for COVID-19 symptoms. Workers should call ahead to a health care provider if ill to seek medical attention.

2. NWT Resident Workers:

While not at the remote camp, NWT resident workers are allowed to visit people outside of your worksite and home in accordance with the Public Health Order – COVID-19 Relaxing Phase 2, effective June 12, 2020.

3. Non-NWT Resident Workers:

While not at the remote camp, non-NWT resident workers are not allowed to visit people outside of your worksite and home, and are not allowed to socialize closely (within 2 metres) with persons others than members of their household.

Notwithstanding the provisions of this Protocol as set out above, the Chief Public Health Officer may suspend the Protocol, or provisions of the Protocol, at any time with minimal notice. Nothing in this Protocol limits the CPHO from issuing further directions and orders in respect to social distancing for remote work camps and remote workers.



COVID-19 INFORMATION - CAMP WORKERS Daily Self-Monitoring Form

Name: _____

Monitoring Start Date: _____ Camp Start Date: _____

Individuals should self-monitor for symptoms 14 days prior to entry into an NWT closed camp. Here is a sheet to help you keep track of your daily symptoms while self-monitoring.

Port of Entry Screening (if applicable)		
Date of Entry: _____	Temp(°C): _____	Symptoms Present: <input type="checkbox"/> Yes <input type="checkbox"/> No

Date each day, check your temperature and then check any of the symptoms.

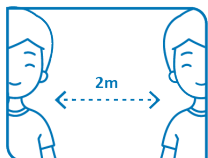
Day	1	2	3	4	5	6	7	8	9	10	11	12	13	14
Date (mm/dd)														
No Symptoms	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Symptoms :	Let a health care provider know if you develop symptoms.													
Temperature (specify: °C)														
Chills/Feverish														
Difficulty breathing	Call 9-1-1													
New or worsening cough														
Runny Nose														
Nausea/Vomiting/Diarrhea														
Loss of appetite														
Sore throat														
Tiredness														
Muscle aches														
Headache														
Loss of sense of smell/taste														
Generally feeling unwell														
Other, specify														

If symptoms continue past this point call your healthcare provider

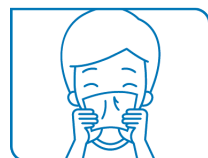
Healthy Respiratory Practices Everyone Can Use to Protect Yourself & Your Community



Stay home if you are sick



Avoid close contact with others



Turn and cover your mouth and nose



Throw used tissues in the garbage



Wash your hands



Clean/Disinfect

Employee Signature

Occupational Health Supervisor Name

Occupational Health Supervisor Signature