



PANDEMIC: REOPENING SAFETY PLAN

APPENDIX C

Physical Distancing

The spread of infection or virus can be prevented by making a conscious effort to maintain physical distance between each other. Physical distancing is proven to be one of the most effective ways to reduce the spread of illness during an outbreak.

What does physical distancing mean?

This means minimizing close contact with others, including:

- avoiding crowded places and gatherings
- avoiding common greetings, such as handshakes
- remaining at a distance from others while using public transit
- limiting contact with people at higher risk (e.g. older adults and those in poor health)
- keeping a distance of at least 2 arms lengths (approximately 6 feet or 2 meters) from others, as much as possible, especially those who are coughing or sneezing

The NAC will have guidance markings to maintain physical distancing in the following areas:

- lobbies
- stairwells
- hallways
- elevators
- backstage
- Green Room
- Kitchens

Employees, patrons, visitors and contractors shall maintain a distance of at least 6 feet or 2 meters from one another. When this is not possible, spend as little time together as necessarily possible for interactions and Plexiglas shields will be installed in appropriate locations. The use of non-medical masks (i.e. cloth masks) is also recommended for situations where physical distancing is difficult to maintain at all times.

Where a task cannot be completed by working alone, where it requires a number of people to accomplish the task, a group or team of employees should remain together and maintain distancing from others not in the work team.

In order to limit the number of employees at the Centre, the required departments' onsite will be reduced to 1/3 of the staff on duty at any one time. Break and lunch periods will be staggered while in the workplace to prevent gatherings of large number of employees in one area.

The remainder of employees will continue to work from home as much as possible.


Posters: Physical Distancing


Reference: Ottawa Public Health, Physical Distancing
Public Health Agency of Canada, Physical Distancing



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POST PANDEMIC SAFETY PLAN

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Remember!
Practice physical distancing



If keeping your distance is difficult, wear a **non-medical mask** (i.e. cloth mask).


N'oubliez pas!
Pratiquez la distanciation physique

S'il est difficile de maintenir une bonne distance par rapport aux autres, portez un **masque non médical** (c.-à-d. un masque en tissu).


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Remember!
Practise physical (social) distancing



N'oubliez pas!
Pratiquez la distanciation physique (sociale)

Ensure that you keep a 2 metre (6 feet) distance from others, including in line-ups at the register and outside, if necessary.

Assurez-vous de maintenir une distance de 2 mètres (6 pieds) entre les personnes y compris aux lignes d'attente aux caisses et à l'extérieur, si nécessaire.

For the continued health and safety of customers and staff, Ottawa Public Health also recommends the following precautions:

Pour assurer la santé et la sécurité des clients, des employés et des bénévoles, Santé Publique Ottawa vous recommande les précautions suivantes :

- Wash your hands often with soap and water, or use hand sanitizer.
- Evade touching your eyes, nose, and mouth unless you have just cleaned your hands.
- Cover your cough and sneeze with a tissue or into your arm, not your hand.
- Limit the number of items that you touch.

Lavez-vous souvent les mains avec du savon et de l'eau ou utilisez un désinfectant pour les mains.

Évitez de vous toucher les yeux, le nez et la bouche, à moins d'avoir nettoyé vos mains.

Couvrez votre toux et vos éternuements avec un mouchoir ou avec votre bras, et non avec votre main.

Limitez le nombre d'articles que vous touchez.

Take care of yourself

It's OK to NOT be OK. Please know that help is available, and we encourage you to reach out to Distress Centre of Ottawa to connect with someone at 613-238-3311.

Prenez-soin de vous



C'est normal de ne pas vous sentir bien. Sachez que vous pouvez obtenir de l'aide. Nous vous invitons donc à faire appel à la Ligne de crise au 613-722-6914.

For more information, visit OttawaPublicHealth.ca/Coronavirus

Pour plus de renseignements, visiter le site SantePubliqueOttawa.ca/CoronavirusFR

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INSTRUCTOR: _____ TRAINEE: _____
DATE: _____ Please print your names.