



COVID-19

What It Is

What We're Doing

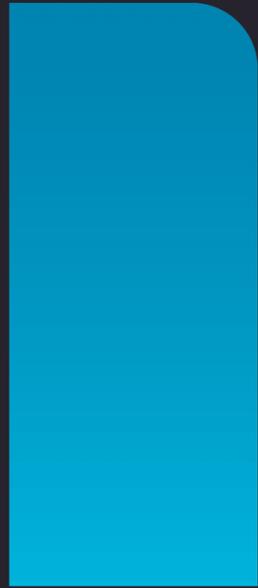
What We Need From You

12 March 2019

The Majority of Infections are Mild

Seriousness of symptoms

80.9%



MILD

Like flu, stay at home

13.8%



SEVERE

Hospitalization

4.7%



CRITICAL

Intensive care

study of 44,672 confirmed cases in Mainland China
sources: China Centre for Disease Control & Prevention, Statista

The Bulk of People Recover

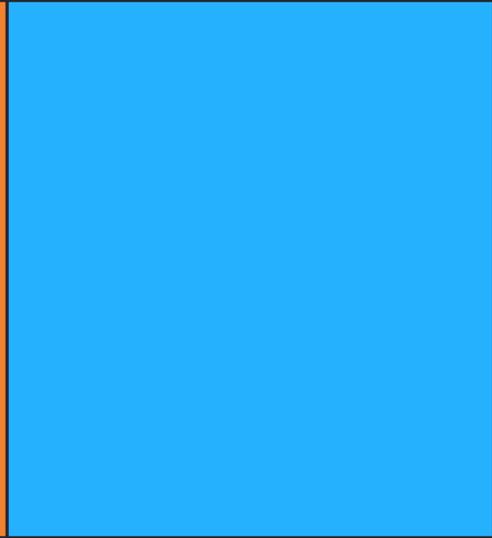
Of total worldwide confirmed cases...

Currently ill



40%

Recovered



56.6%



3.5%

source: Johns Hopkins University

Canadian infection rates and severity rates are much lower than the global average.
This is primarily due to a proactive approach to managing exposure and hygiene.



How to handwash

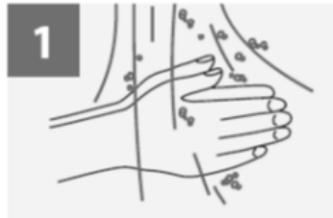
To wash hands properly, rub all parts of the hands and wrists with soap and water or an alcohol-based hand sanitizer. Wash hands for at least 20 seconds. Pay special attention to the areas of the hand most frequently missed.

- Keep nails short.
- Avoid wearing rings.
- Avoid artificial nails or nail varnish.
- Remove watches and bracelets.
- Wash wrists and forearms if they are likely to have been contaminated.
- Make sure that sleeves are rolled up and do not get wet during washing.

If you have further questions or concerns, please call **HEALTHLink** at **811**.

Illustrations courtesy of Ontario Ministry of Health.

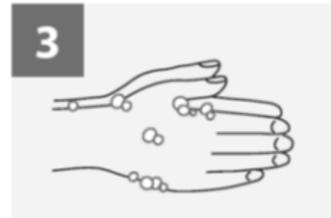
Handwashing with soap and water



1
Wet hands and wrists.



2
Use a sufficient amount of soap.



3
Lather soap and scrub hands well, palm to palm.



4
Scrub in between and around fingers.



5
Scrub back of each hand with palm of other hand.



6
Scrub fingertips of each hand in opposite palm.



7
Scrub each thumb clasped in opposite hand.



8
Scrub each wrist clasped in opposite hand.



9
Rinse thoroughly under running water.



10
Wipe and dry hands well with paper towel.

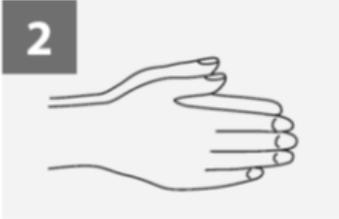


11
Turn off water using paper towel.

Cleaning with alcohol sanitizers



1 Apply enough sanitizer to open palms.



2 Rub hands together, palm to palm.



3 Rub in between and around fingers.



4 Rub back of each hand with palm of other hand.



5 Rub fingertips of each hand in opposite palm.



6 Rub each thumb clasped in opposite hand.



7 Rub each wrist clasped in opposite hand.



8 Keep rubbing until hands are dry. Paper towels are not needed.



What Are We Doing?

Managing your exposure is the most effective way to avoid COVID-19

- No group meetings / communal lunches till this is behind us
- Please eat lunch in your truck avoid common areas, restaurants
- Cover your mouth / nose if sneezing or coughing
- Wash your hands frequently
- Stop Shaking Hands
- Do not let customers hold PDAs or pen's – drivers are to write the shippers name in place of signature on PDA's
- Practice social distancing recommendations being 5-6 feet in all circumstances

Driving Staff

The risk for COVID-19 is increased in certain settings and populations:

- Cruise Ships
- Heavily Affected Areas
- Conferences And Other Large Gatherings In Enclosed Spaces
- Anyone 60+
- Individuals with compromised immune systems
- Individuals with chronic illnesses (Diabetes, Cancer)

It is important for anyone who's travelled to:

- Self-monitor For Symptoms Of COVID-19 (Fever, Cough Or Difficulty Breathing) For 14 Days After Returning To Canada
- Avoid Places Where You Cannot Easily Separate Yourself From Others If You Become Ill

If you have even mild symptoms, stay home and call 811 and inform them. They will provide advice on what you should do; please contact your supervisor by phone immediately following.

What Are We Doing?

Managing your exposure is the most effective way to avoid COVID-19

- **No group meetings / communal lunches till this is behind us**
- Please eat lunch at your desk and avoid common areas
- **Cover your mouth / nose if sneezing or coughing**
- Wash your hands frequently
- **Stop Shaking Hands**
- Practice social distancing recommendations being 5-6 feet in all circumstances
- **Workspace Relocations**

Office, Terminal & Dock Staff

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If you have been traveling to an identified Covid-19 'hot spot' or exposed to a potential carrier

You are displaying any symptoms of Covid-19:

Mild to severe respiratory illness
Fever or Cough
Shortness of breath

Prior to coming to work let your immediate supervisor know (call or speak with) and we will provide direction around next steps – we will manage on a case by case basis.

Our goal is the health and safety of all our coworkers, we need to practice due diligence to ensure we all remain healthy.

COVID-19 INFORMATION

HELP PREVENT THE SPREAD

Prevention starts with awareness.
Be informed on how you can
protect yourself and others from
novel coronavirus:

- Self-isolate if you're feeling sick
- Wash your hands frequently
- Cover coughs and sneezes
- Avoid touching your face

Concerns about your health?
Call Health Link 811.



The founding principal of our organization is that we are built on service – for our customers, for each other and for our communities.

The actions we are taking in response to this dynamic situation is to adopt best practices in our workplaces to ensure the health and safety of our team members, our extended families, customers and the communities we proudly serve.

If you have any questions related to the Rosenau Transport or Acropolis Warehousing response to Covid-19 please contact:

Jude Groves, Director Safety & Training
780-431-2877 x 5524 or Jude.Groves@Rosenau.ca