

Check back frequently for updates. Updated - March 13, 2020 COVID-19: What Workers and Employers Need to Know

Coronaviruses are a large family of common viruses that are typically associated with illnesses ranging from the common cold to more severe diseases, such as pneumonia. COVID-19, a new coronavirus, is a disease that has not been previously identified in humans.

As information about COVID-19 develops, the Workers Compensation Board of PEI will continue to refer to the [PEI Chief Public Health Office](#) and the [Public Health Agency of Canada](#) for guidance.

How does COVID-19 spread?

Human coronaviruses cause infections of the nose, throat, and lungs. They are most commonly spread from an infected person through:

- Respiratory droplets that are spread through coughing or sneezing
- Close personal contact, such as touching or shaking hands
- Touching something with the virus on it, then touching your mouth, nose, or eyes before washing your hands.



What are the symptoms of COVID-19?

People with COVID-19 may have little to no symptoms, and may not realize they have been infected, as the symptoms resemble those from a cold or flu.

Symptoms may take up to 14 days to appear after exposure to COVID-19 and may include:

- Fever
- Cough
- Difficulty Breathing

What should I do if I develop symptoms?

Employers and workers experiencing symptoms (cough, fever, or difficulty breathing), should call 8-1-1 to be screened and, if necessary, directed for testing.

Employees and workers experiencing symptoms at work should go home immediately.

Anyone who has travelled outside of Canada (whether experiencing symptoms or not) are required to self-isolate for 14 days following their return.

What can a workplace do?

Workplaces can help by having an infection control plan, which may include such details as:

- Providing clean hand washing facilities.
- Offering alcohol-based hand sanitizers when regular facilities are not available (or to workers working on the road).
- Cleaning objects that are touched frequently, such as workstations, doorknobs, handles, railings, kettles, etc. more often with regular disinfectants or soap and water.
- Providing boxes of tissues and encourage their use.
- Removing magazines and papers from waiting areas or common rooms (staff break rooms).
- Making sure ventilation systems are working properly.

As a worker what can I do to protect myself from getting COVID-19?

You can stay healthy and prevent the spread of infections 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 sleeve and not your hands.
- Staying home if you are sick to avoid spreading illness to others.



For more information on COVID-19, including public health alerts and current information, visit the following websites:

- [Government of Prince Edward Island](#)
- [Government of Canada](#)
- [Canadian Centre for Occupational Health and Safety](#)
 - [Hand Washing Poster](#)
 - [Prevent the Spread Poster](#)

If you have questions on this, or any workplace safety topic, contact WCB Occupational Health & Safety at 902-368-5680 or toll free 1-800-237-5049, or visit our website at wcb.pe.ca.