

# Changes to health measures in the workplace (outside health care settings)<sup>1</sup>



Measures	Minimum basic measures	Additional measures proposed
Telework	Depending on the employer	Promoted whenever possible
Exclusion or isolation of household contacts, people who have symptoms and positive cases	See the <a href="#">special workplace measures</a>	<ul style="list-style-type: none"> <li>• Minimum isolation period of 10 days<sup>1</sup></li> </ul>
Distancing <sup>2</sup> , including wearing a quality mask (indoors and outdoors)	Distancing measures (physical distancing, physical barriers or wearing a quality mask) are still recommended <sup>4</sup>	<ul style="list-style-type: none"> <li>• Whenever possible, a minimum distance (2 metres) must be maintained at all times</li> <li>• A quality mask must be worn when minimum physical distancing (2 metres) cannot be maintained or in the absence of physical barriers</li> <li>• A quality mask must be worn at all times, even if physical distancing is maintained and barriers are present</li> </ul>
Transportation (plane <sup>3</sup> , car, bus)		<ul style="list-style-type: none"> <li>• A quality mask must be worn at all times<sup>5</sup></li> <li>• Eating and drinking are limited</li> <li>• Capacity is reduced to avoid physical contact between passengers</li> </ul>
Lunch room and lounge <sup>2</sup>		<ul style="list-style-type: none"> <li>• A quality mask must be worn when not eating and when distancing of 2 metres cannot be maintained or in the absence of physical barriers</li> <li>• Physical distancing of 2 metres must be maintained at all times during meals</li> </ul>
Cleaning of shared tools and equipment <sup>2</sup>	Optional, unless visibly soiled	Every shift
Hand hygiene and respiratory etiquette <sup>2</sup>	Yes	Yes

1. For all the applicable measures, consult the [Occupational Health and Safety Standards Guide](#). Additional preventive measures may be applied, in whole or in part, when the workplace deems it necessary.
2. Designated spaces should be set aside for persons at risk (e.g. workers with a chronic disease or immunosuppressed workers).
3. Measures apply on commercial flights transporting workers. Consult [COVID-19 Boarding flights and trains in Canada](#).
4. Wearing a quality mask is no longer mandatory, but is still recommended, especially for tasks and activities in which several workers are present in a confined space.
5. Exceptions apply. Consult the [Workplace Guide to Sanitary Standards](#) for details.