



## Communicable Disease Safety Initiatives

Revised 2023-06-01

The purpose of this document is to provide you with the information and procedures that have been put in place in all Nesters Market locations to prevent and reduce the spread of communicable diseases in our stores. We have put these measures into place to create a safe workplace for our team members and our customers.

### Spread of Communicable Diseases

We have a responsibility to implement and maintain certain measures, practices, and policies to reduce the risk of communicable diseases in the workplace for our employees and customers.

We are required to:

- Monitor and review communicable disease-related information issued by regional health officers or the Provincial Health Officer.
- Implement policies to support staff who have symptoms of communicable disease.
- Provide hand-hygiene facilities with appropriate supplies and use policies and signage to remind workers to wash their hands regularly and to cover coughs and sneezes.
- Maintain a clean environment through routine cleaning processes appropriate for the workplace.
- Ensure that building ventilation is adequate, and systems are properly maintained.

In addition, when advised by Public Health and during a period of elevated risk, we must:

- Follow the directions from medical health officers and the regional health authority.
- Follow all orders, guidance, recommendations and notices issued by the Provincial Health Officer.
- Reassess policies and practices based on updated guidance from regional or provincial health authorities.

The best way to prevent the spread of infection is to:

- Stay home if you are sick (i.e. fever or chills, coughing, diarrhea) to avoid spreading illness to others.
- Wash your hands often with soap and water for at least 20 seconds.
- Avoid touching your eyes, nose or mouth, especially with unwashed hands.
- Avoid close contact with people displaying symptoms of respiratory illnesses.
- When coughing or sneezing:
  - Cover your mouth and nose with your arm or tissues to reduce the spread of germs.
  - Immediately dispose of any tissues you have used into the garbage as soon as possible and wash your hands afterwards.
- Clean and disinfect frequently touched objects and surfaces, such as electronic devices and doorknobs.

### Masks

Some Team Members and Customers may be more comfortable continuing to wearing face masks even though it is no longer mandatory. No team member or customer should be harassed, disciplined, or discriminated against for continuing to wear a face mask.

### Cleaning and Disinfecting Policy

Part of our role in keeping our customers and team members healthy and safe means that routine cleaning and disinfecting is of great importance.

Communicable disease safety measures that are in place include:

- Cleaning and disinfection of highly touched surfaces.
- Frequent hand-washing by staff members.
- Providing hand hygiene options for customers.