



WHAT ARE YOU DOING?

WHAT CAN YOU DO?

WHAT ARE WE DOING?



As we all know, we are facing a pandemic to the extent that is new territory for most of us. In my lifetime I have never experience a situation concerning anything globally as such. Now that this virus has made its way to our Country, and our City I believe the best we can do is be prepared, informed, and proactive as we deal with the hand being dealt. I have taken the steps necessary to put appropriate cleaning procedures in place for our workers, in order to maintain a clean sanitized work environment. This includes protecting our own cleaning personal and your staff as well. Listed below is an outline concerning the three major questions above and our response as to what we all can do in an effort to overcome this contagious infection.



RED LIGHT – WHAT ARE YOU DOING?

- 1) Are you employees aware of the critical situation we are in?
- 2) Have you informed your employees to stay at home if they acquire any of the related symptoms?
- 3) Do they know what to do if they contract the symptoms? Where to go? Who to call?

YELLOW LIGHT – WHAT CAN YOU DO?

- 4) Inform your employees of proper sanitary practices.
- 5) Protocols and procedures that can eliminate critical situation.
- 6) Do you have plenty of sanitizer, wet wipes, or soap on hand?
- 7) How to use the appropriate disinfectants on their person and in their workspace.

GREEN LIGHT – WHAT ARE WE DOING?

- 8) We are being proactive for the safety of all staff members, your co-workers and ours.
- 9) We have provided training that will contain and keep further spread of the virus.
- 10) We incorporated chemicals and procedures that will have positive results in the workplace.



SAFETY PROCEDURES TO REDUCE VIRUS CONTAMINATION

- 1) We expect all Go Green employees to wash their hands prior to cleaning tasks
- 2) We expect after hand washing, gloves are to be used for all cleaning duties in your facility (proper disposal of gloves after use)
- 3) We ask if any of our staff experience the flu or any flu-like symptoms (which can be associated with the virus) that they notify our office immediately and the proper arrangements will be made for temporary replacement during this time.
- 4) Go Green staff have been trained procedurally and in the use of antiviral chemicals provided. These new products being used consist of disinfectant wipes, antibacterial and antiviral sprays. All chemicals are safe and mixed according to proper manufacturers dilution ratio's.
- 5) Sanitizing will consist of all touch points such as: door handles, door frames, light switches, accessible desk and counter tops, phones, ledges, handles, etc. We would ask that the staff members in your company please do their best to have their desk/table tops cleared as best as possible. **PLEASE NOTE:** *Also as a further request we would ask your staff members to also sanitize touch points such as personal items (i.e. calculators, staplers, keyboards, and any other items that would be of a personal nature. This can be done using disinfectant wipes, or microfiber cloths).*
- 6) Our staff has been instructed to use yellow microfiber clothes only. Paper towel is to be used in the washroom areas coupled with the appropriate sanitizers. **FACT:** *Microfiber cloths on their own have a disinfecting quality based on their fiber structure which allows better surface area contact, hence disinfecting properties.*
- 7) We have asked our staff to watch the online World Health Organization videos dealing with common practices to use for overall safety.
- 8) On more of a personal note from Go Green, we further suggest for all those involved to take care of yourselves and families, and be aware of supplements that may further help protect you against this virus. Vitamin C and D can be very useful at this time as well as concentrate foods by juicing. Green vegetables, Prebiotics, and Probiotic supplements are great for an immune booster.

Please visit this website for more information

<https://www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public>



BASIC PROTECTIVE MEASURES AGAINST THE NEW CORONAVIRUS

Stay aware of the latest information on the COVID-19 outbreak, available on the WHO website and through your national and local public health authority. COVID-19 is still affecting mostly people in China with some outbreaks in other countries. Most people who become infected experience mild illness and recover, but it can be more severe for others. Take care of your health and protect others by doing the following:

Wash your hands frequently - Regularly and thoroughly clean your hands with an alcohol-based hand rub or wash them with soap and water. **Why?** Washing your hands with soap and water or using alcohol-based hand rub kills viruses that may be on your hands.

Maintain social distancing - Maintain at least 1 meter (3 feet) distance between yourself and anyone who is coughing or sneezing. **Why?** When someone coughs or sneezes they spray small liquid droplets from their nose or mouth which may contain virus. If you are too close, you can breathe in the droplets, including the COVID-19 virus if the person coughing has the disease.

Avoid touching eyes, nose and mouth - **Why?** Hands touch many surfaces and can pick up viruses. Once contaminated, hands can transfer the virus to your eyes, nose or mouth. From there, the virus can enter your body and can make you sick.

Practice respiratory hygiene - Make sure you, and the people around you, follow good respiratory hygiene. This means covering your mouth and nose with your bent elbow or tissue when you cough or sneeze. Then dispose of the used tissue immediately. **Why?** Droplets spread virus. By following good respiratory hygiene you protect the people around you from viruses such as cold, flu and COVID-19.

If you have fever, cough and difficulty breathing, seek medical care early - Stay home if you feel unwell. If you have a fever, cough and difficulty breathing, seek medical attention and call in advance. Follow the directions of your local health authority. **Why?** National and local authorities will have the most up to date information on the situation in your area. Calling in advance will allow your health care provider to quickly direct you to the right health facility. This will also protect you and help prevent spread of viruses and other infections.

Stay informed and follow advice given by your healthcare provider - Stay informed on the latest developments about COVID-19. Follow advice given by your healthcare provider, your national and local public health authority or your employer on how to protect yourself and others from COVID-19. **Why?** National and local authorities will have the most up to date information on whether COVID-19 is spreading in your area. They are best placed to advise on what people in your area should be doing to protect themselves.

Protection measures for persons who are in or have recently visited (past 14 days) areas where COVID-19 is spreading

- 1) Follow the guidance outlined above.
- 2) Stay at home if you begin to feel unwell, even with mild symptoms such as headache and slight runny nose, until you recover. **Why?** Avoiding contact with others and visits to medical facilities will allow these facilities to operate more effectively and help protect you and others from possible COVID-19 and other viruses.
- 3) If you develop fever, cough and difficulty breathing, seek medical advice promptly as this may be due to a respiratory infection or other serious condition. Call in advance and tell your provider of any recent travel or contact with travelers. **Why?** Calling in advance will allow your health care provider to quickly direct you to the right health facility. This will also help to prevent possible spread of COVID-19 and other viruses.



Coping with stress during the 2019-nCoV outbreak



It is normal to feel sad, stressed, confused, scared or angry during a crisis. Talking to people you trust can help. Contact your friends and family.

If you must stay at home, maintain a healthy lifestyle - including proper diet, sleep, exercise and social contacts with loved ones at home and by email and phone with other family and friends.



Don't use smoking, alcohol or other drugs to deal with your emotions. If you feel overwhelmed, talk to a health worker or counsellor. Have a plan, where to go to and how to seek help for physical and mental health needs if required.

Get the facts. Gather information that will help you accurately determine your risk so that you can take reasonable precautions. Find a credible source you can trust such as WHO website or, a local or state public health agency.



Limit worry and agitation by lessening the time you and your family spend watching or listening to media coverage that you perceive as upsetting.

Draw on skills you have used in the past that have helped you to manage previous life's adversities and use those skills to help you manage your emotions during the challenging time of this outbreak.



Helping children cope with stress during the 2019-nCoV outbreak



Children may respond to stress in different ways such as being more clingy, anxious, withdrawing, angry or agitated, bedwetting etc.

Respond to your child's reactions in a supportive way, listen to their concerns and give them extra love and attention.

Children need adults' love and attention during difficult times. Give them extra time and attention.

Remember to listen to your children, speak kindly and reassure them.

If possible, make opportunities for the child to play and relax.



Try and keep children close to their parents and family and avoid separating children and their caregivers to the extent possible. If separation occurs (e.g. hospitalization) ensure regular contact (e.g. via phone) and re-assurance.

Keep to regular routines and schedules as much as possible, or help create new ones in a new environment, including school/learning as well as time for safely playing and relaxing.



Provide facts about what has happened, explain what is going on now and give them clear information about how to reduce their risk of being infected by the disease in words that they can understand depending on their age.


This also includes providing information about what could happen in a re-assuring way (e.g. a family member and/or the child may start not feeling well and may have to go to the hospital for some time so doctors can help them feel better).



No. Regularly washing your bare hands offers more protection against catching COVID-19 than wearing rubber gloves.

You can still pick up COVID-19 contamination on rubber gloves. If you then touch your face, the contamination goes from your glove to your face and can infect you.


Is wearing rubber gloves while out in public effective in preventing the new coronavirus infection?



World Health Organization #Coronavirus #COVID19 9 March 2020

To prevent COVID-19 it is safest to avoid physical contact when greeting. Safe greetings include a wave, a nod, or a bow.

How should I greet another person to avoid catching the new coronavirus?



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Be SAFE from #coronavirus

if you are 60+ or if you have an underlying condition like:

- Cardiovascular disease
- Respiratory condition
- Diabetes

by avoiding crowded areas or places where you might interact with people who are sick.

Learn more to Be READY for #COVID19: www.who.int/COVID-19

UNITED NATIONS World Health Organization

Be SMART & inform yourself about #coronavirus

- Follow accurate public health advice from WHO & your local health authority
- Follow the news on latest coronavirus updates
- To avoid spreading rumors, always check the source you are getting information from
- Don't spread rumors

Learn more to Be READY for #COVID19: www.who.int/COVID-19

UNITED NATIONS World Health Organization

Be SMART if you develop shortness of breath:

- Call your doctor
- Seek care immediately!

Learn more to Be READY for #COVID19: www.who.int/COVID-19

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