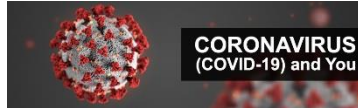




Safety Talk

COVID-19
Information

Dealing with COVID-19 May 2020



It is different times with the onset of COVID-19 Pandemic. Our normal has suddenly switched to abnormal and is changing our routines to unfamiliar and uncharacteristic of regular human behaviour such as self-isolation.

Here are some things to consider;

- **Routines**
We should try to keep some of our routines that we had prior to the COVID-19 Pandemic such as our wake-up time, our bed time, our daily eat times and any other routine that you can safely keep in place.
- **Information on the COVID-19 virus**
We should be sourcing credible information on the COVID-19 virus such as the medical authorities. We should not consider the information on social media platforms. We should be limiting the amount of time that we are looking at the news or other sources of information on the COVID-19 virus.
- **Music and Other Sources of De-stressors**
We should look at sources that de-stress us such as music, exercise, walking or sitting outside to mention a few.
- **Food Consumption**
We should keep our regular eating pattern that we had prior to the COVID-19 Pandemic. We should minimize the comfort foods and stick to our regular healthy eating programs.
- **Sleep**
We should be looking to get 7-8 hours of quality sleep. We should be turning off all electronic devices 1 hour before bed time to allow the mind to clear to prepare for quality sleep.

Keeping with our routines will help with our mental health in keeping our anxiety down, allowing us to get a good night sleep which will keep our immune system strong to combat viruses such as the coronavirus.

If you need additional assistance or just someone to talk to, please reach out to your supervisor or employer.

For more information on coping with the COVID-19 Pandemic you can contact;

Telehealth Ontario at 1-866-797-0000

Public Health Sudbury and Districts at 705-522-9200



Northern Safety Solutions Inc.

955 Bancroft Drive, Sudbury ON P3B 1P8

Toll Free: 1-866-524.1975

www.northersafetysolutions.com

"Working Safely for the Health of It"

**Workplace
Management**
Systems Inc.