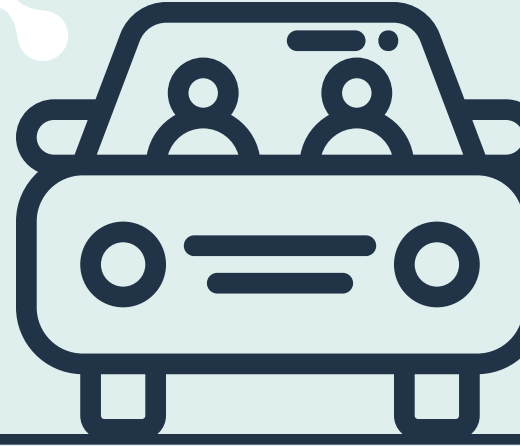


COVID-19

Worker Checklist

CARPOOLING RECOMMENDATIONS



If possible, please avoid carpooling.

If other options are not available, please follow the instructions below.

DO NOT CARPOOL IF YOU HAVE:

One of the following symptoms:



Sudden loss of sense of smell with or without loss of taste



Fever



Cough



Difficulty breathing



Sore throat



Runny nose

Two of the following symptoms:



Headache



General muscle pain



Extreme fatigue



Major loss of appetite



Stomach aches



Nausea
Vomiting
Diarrhea

BE SURE TO COMPLY WITH THE FOLLOWING PRINCIPLES AT ALL TIMES:



Do not use the recirculate setting



Refrain from eating, drinking, or smoking



Do not share items



Reduce the number of passengers



Wear a certified mask when travelling



Position a passenger in the back of the vehicle at an angle with the driver



Open the windows a few times during the trip



Frequently disinfect touched surfaces



FOR MORE INFORMATION:

1 877 644-4545 - [SANTEESTRIE.QC.CA/COVID19](https://santeestrie.qc.ca/covid19)

April 8, 2021

Centre intégré
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et de services sociaux
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Québec

