



*Information and Recommendations
Guide for Companies for Coronavirus*

“Update, June 2020”



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Chilealimentos makes available a summary of information and recommendations about Coronavirus and the Procedures being applied by different companies to avoid this disease's propagation and to keep the appropriate operation of the processing plants and workers' protection. The food industry is a critical activity for the provision of the consumers, both in Chile and abroad, therefore our aim is to cooperate with whom have to apply these recommendations.

The present document will be permanently updated, so we are open for suggestions and comments to the email chilealimentos@chilealimentos.com

[What is the Coronavirus?](#)

A virus that cause a respiratory disease in human beings.

[How is it transmitted?](#)

From person to person through mucus, sneezes or cough.

[What are the symptoms?](#)

According to the information published by the Ministry of Health on April 9th, 2020 on the Official Journal:

- Fever, i.e., body temperature of 37.8°C or higher.
- Cough.
- Dyspnea or shortness of breath.
- Thoracic pain.
- Odynophagia or sore throat when eating or swallowing fluids.
- Myalgia or muscle pain.
- Shivers.
- Cephalea or headache.
- Diarrhea.
- Sudden loss of smell or anosmia.
- Sudden loss of taste or ageusia.

[What personal preventive measures must be implemented?](#)

- Frequent hands washing (with soap for at least 20 seconds rubbing all their surfaces)
- Wear a face mask in enclosed places such as elevators and venues that congregate more than 10 people like supermarkets, banks, stores, educational establishments, among others.
- Wash your hands after coughing or sneezing, cover with the forearm (never with the hands) or tissue (immediately dispose of it in a safe place).
- Wash your hands every time you enter a plant or office or use a restroom or touch a handrail, walkway, doors, money and before preparing and eating food.
- Avoid touching your eyes, nose and mouth without having washed your hands first.
- Avoid greeting with your hand or kissing.
- Do not share straws, glasses or cutlery with someone else.

- Immediate check temperature of all staff to detect early symptoms.
- Keep at least 1-meter distance from another person.
- Require all service and transport suppliers not to send any staff with any symptoms of the disease. The appointed staff health check must be conducted by the supplier before carrying out the service.

What preventive measures must be implemented in the facilities?

- Through the entrance check point, avoid that any collaborator who has symptoms (fever, cough or shortness of breath) or who had been in contact with an ill person, enters to the plant. In case you know of any collaborator being in one of these situations, their access to the plant must be prevented, seek medical advice and keep a 14-day quarantine, whichever the case.
- Reinforce the hygiene of desks, countertops, telephones, cell phones, doorknobs, handrails, artefacts, restrooms, kitchen utensils, toilets, etc. Depending on the piece of equipment, once the surfaces have been cleaned, it is necessary to apply ethyl alcohol at 70% or another disinfectant.
- Always keep all the packing and packaging materials covered.
- Have water, soap or alcohol gel dispensers available and daily check their availability.
- In the cafeterias, increase the space between chairs to at least 1 meter.
- Establish more lunch shifts to have less people in the cafeteria. It is suggested 50 people as maximum occupancy
- Disinfect between shifts chairs, countertops and tables with ethyl alcohol at 70% or another suitable disinfectant.
- Increase the restrooms disinfection frequency and control their simultaneous use by a full shift.
- Disinfect the shuttle buses inside. It could be done by sprinkling alcohol or other disinfectants. Increase the number of shuttle buses if necessary, to transport less people.
- Spread by all available means in the installations the preventive measures: flyers, bulletin boards, emails, etc. A good source is www.minsal.cl – Coronavirus Action Plan.

What to do if a collaborator presents symptoms (High fever, over 37.8°C, shortness of breath, cough (dry), tiredness)?

The employer will have to communicate the situation to the closest peers keeping confidentiality.

A phone call to the HEALTH ANSWERS PHONE 600 360 77 77 will have to be made and the health staff will ask a number of questions. Based on the answers given, the sanitary authority decides if the person is suspect of having the coronavirus, and they will pick them up to avoid them from taking public transport or wandering about infecting other people, so the ER's do not collapse. The protocol will be activated to test for coronavirus to confirm or discard the virus. If the test is positive, the person will be sent to their house for isolation. If somebody feels feverish arriving to the company or while working, has cough or a strong cold, but with unknown temperature, they must require taking it and proceed according to the results.

What is the following-up and tracking to be done to the suspect or positive collaborators?

When dealing with a suspect case or the confirmation of infected people in the company, the worker's traceability with their close contacts is essential to continue normally working in the affected area or in the whole of the installations, therefore it is necessary that the company has an established protocol for this kind of situations.

In this way the contagion focus isolation is assured, one of the most important points for the sanitary authority to observe to allow the total or partial running of the operations.

What to do in cases of emergency?

According to the Center for Disease Control and Prevention (CDC) USA, a person presenting the following symptom is considered as a case of emergency: pain or persistent pressure on the chest, difficulty to remain standing, confusion, blueish skin or lips.

The collaborator must immediately approach the closest ER unit (Cesfam, hospital or private hospital).

The people with symptoms must wear a face mask and avoid riding on public transport.

How to put on, wear, take off and dispose of the face mask?

- Before putting on a face mask, wash your hands with an alcohol-based disinfectant or with water and soap.
- Cover your mouth and nose with the face mask making sure there are not spaces between your face and the mask.
- Avoid touching the face mask while wearing it; if you do, wash your hands with an alcohol-based disinfectant or with water and soap.
- Change the face mask as soon as it gets damp and do not reuse single-use-only face masks.
- To take off the face mask, take it off from behind (do not touch the front of the face mask), immediately dispose of it in a closed bin; wash your hands with an alcohol-based disinfectant or with water and soap.
- Wearing a face mask does not reduce the need of strengthening hygiene habits, including hand-washing every 20 minutes and keeping the indicated social distance.

***** In case of having a collaborator with Coronavirus, the sanitization and hygiene measures will have to be redoubled.**

