WORKING WITH COVID-19
This booklet was inspired by the planetGOLD Peru's project booklet Cartilla Sanitaria Para La MAPE. Recomendaciones para frenar el COVID_19

**DISCLAIMER**

The guidance is not intended to revoke or repeal any employee’s rights, either statutory, regulatory or collectively bargained and is not exhaustive, as it does not include regional health orders, nor is it a substitute for any existing safety and health-related regulatory requirements.
Mining districts and their nearby indigenous communities have been impacted by COVID-19. This booklet provides guidance/recommendations for the mining sector to support a safe, clean, and healthy environment for workers.

**The mining sector includes:**

1. Mining communities
2. Mining companies
3. Mining groups
4. Miners and Mine workers (Operators, Panners, Pit workers, Pork Knockers, Cooks, Mechanics, etc)
5. Mining Service Providers (including Transportation service providers, Hardware stores, Gold shops, Jewellers, etc.)

**What is COVID-19?**

Coronavirus Disease (COVID-19) is an infectious disease caused by a new strain of the coronavirus. The virus spreads mainly through droplets of saliva or discharge from the nose when an infected person coughs or sneezes. Transmission is most likely when people are in close or direct contact with an infected person, even if that person does not have any symptoms or has not yet developed symptoms. It can also spread by contact with contaminated objects and surfaces. In other words, COVID-19 spreads in a similar way to the flu.
While some infected persons may not show visible signs of the virus these are some of the symptoms of COVID-19:

- Fatigue
- Sore throat
- Dry cough
- Fever (greater than 38°C)
- Difficulty breathing

Other symptoms that are less common include:

- Loss of taste or smell
- Muscle or joint pain
- Nasal congestion
- Nausea or vomiting
- Conjunctivitis (Red eye)
- Diarrhea
- Sore throat
- Chills or dizziness
- Headache
How to Stay Safe

- Wash your hands for 40-60 seconds with soap and water. If water is not available, use a hand sanitizer with at least 70% alcohol or alcohol such as methylated spirits.

- Avoid touching your face specifically your eyes, mouth or nose.

- Wear a mask when around people. This can be a double-layered cloth mask or a medical mask.

- Ensure the mask covers your nose and mouth.

- Do not share your mask with others or wear a dirty or damaged mask.

- Disposable masks should only be used once and cloth masks should be washed daily.

- Always wash/sanitize your hands before removing your mask.
GENERAL RECOMMENDATIONS FOR THE MINING SECTOR

It is extremely important that safe and effective practices are observed within the industry to ensure the safety of workers and the public.

1. Ensure your operation is registered with the regional and health authorities (see Contact Page for more information).

2. All employers/employees and customers/clients must always use masks in common spaces including general work area, office area, kitchens and washrooms.

3. Keep a distance of at least 2 meters (6 feet) from other persons.

4. Always wear a mask when traveling in the community or into the mining operation.

5. Avoid crowded spaces.
6. Ensure that you have a separate garbage bin to dispose of used masks, gloves and any other Personal Protective Equipment (PPE).

7. Sanitize hands frequently.
8. Avoid touching your face.

9. Keep workers informed on how to keep safe during COVID
1. The General Manager should make a register of the name, age, medical history, etc) of all persons working on site and take note of those who are over 65 yrs and have issues with high sugar or blood pressure or any other medical condition.

2. Each camp should have at least one medical infra-red thermometer to test all of the workers before they start daily duties. If the thermometer shows a number higher than 38°C, the person has a fever and should be monitored.

3. Sanitize hands before entering and leaving the work area.

4. Maintain a distance of at least 2 meters (6 feet) from other persons. In cases where this distance cannot be maintained the workers must use a mask.

5. Encourage workers to agree to work a longer rotation in the interior, a suggested duration of 12 weeks or more instead of the typical 6 weeks. This will limit the amount of new personnel coming into the operation on a monthly basis.
6. Commonly used surfaces must be frequently disinfected with bleach and water before and after use. These include toilets, handwashing facilities and the seats, handles and inside vehicles and machinery.

7. Avoid sharing electronic devices and other work tools or equipment. If these devices must be shared, sanitize before and after each use.

8. Ensure that toilets and washing stations are always stocked with soap and hand sanitizer.

9. Ensure that in the sleeping area, all cots/hammocks are at a minimum 1 meter apart, but ideally 2 meters apart.
RECOMMENDATIONS WHILE TRAVELLING:

1. Where practical in the interior, limit the number of persons in vehicles to half the normal number of persons.

2. Always wear a face covering/mask when travelling and ensure that it covers your nose and mouth at all times.

3. If traveling in enclosed vehicles, leave the windows open to provide ventilation and allow sunlight to enter.

4. Maintain a distance of at least 1 metre (3 feet) between persons.

5. Between trips, sanitize all vehicles (whether aircraft, automobile, bicycle or boat) used to transport workers.

6. Each person should have their own hand sanitizer or alcohol, such as methylated spirits, when using public transportation to sanitize their hands after touching money or surfaces that may be unclean.
Recommendations for Visiting Landings, Shops etc. in the Interior:

1. Only visit these areas when absolutely necessary. If you must visit, wear a mask and a distance of at least 2 meters from everyone.

2. Do not “lime” or linger in these areas. Quickly purchase necessary items/ transact relevant business and return to camp.

3. Reduce alcohol consumption.
1. Before handling any food, wash your hands with soap and water.
2. If possible, the cook should wear gloves when handling food.
3. Ensure that you wash all vegetables and fruits thoroughly before cooking or eating.
4. Wipe all eating spaces (tables and chairs/benches) with bleach and water before and after serving food.
5. Avoid sharing cups/bottles, plates or spoons/forks.
1. Anyone with a temperature above 38°C should report that they have a fever to the general manager (GM).

2. For anyone showing symptoms of COVID-19, immediately isolate and contact the nearest health authority.
1. Avoid entering any Indigenous villages unless absolutely necessary.

2. Ensure that you first make contact and receive consent from the Toshao/Village Councillor before entering or passing through Indigenous lands.

3. Contact with anyone should only be made by telephone/ radio set. Physically contacting anyone in the village should be a last resort.

4. Avoid walking through the village. Instead, pass through the area using a vehicle, motorbike, bicycle etc. so that you can limit contact with the villagers.

   If you must meet with Indigenous People/ Villages you must observe all of the guidelines - physical distancing, wearing a mask correctly etc.

5. If working in close proximity to an Indigenous village, do not entertain visits from villagers who are not working on the camp/ work site.
Call the hotline number for your region if you think you are at risk of having COVID. The calls are free so will not reduce cellphone credit and will be answered any time of day or night.
CONSERVATION INTERNATIONAL GUYANA

This booklet and the El Dorado Gold initiative is supported by CI-Guyana. CI-Guyana can be contacted at

Georgetown Office:
98 Laluni Street,
Queenstown
227-8171 Ext 220/ 608-3252

Lethem Office:
Lot 164 Lethem
Rupununi, Region 9
772-2228
HF Radio: 5300, at call sign “CI1”

Website:
www.conservation.org.gy

Email:
grievances@conservation.org

Facebook: @GuyanaCI