



*the lazy Gourmet*

## COVID-19 Precautions and Protocols

Dear Clients and Guests,

As you already know, there have been confirmed cases of COVID-19 here in British Columbia. We want to make sure that both our staff and our clients are well informed and protected. Our health authorities advise that the risk of infection remains low and practicing flu prevention will help protect everyone.

We remain confident in our high-quality food safe handling practices and procedures for your event. We suggest adding our qualified catering staff to help increase awareness. Food safe handling and flu prevention procedures in executing your program for your guests can be done. Please work with your Event Manager to make your catering orders work for your office, venue and program. Some clients have revised menus to be individual servings rather than buffet setups or changed from drop deliveries to fully staffed caterer events to practice food safe handling and flu prevention to enhance our food security, presentation and cleanliness.

We have circulated the following to all staff and have advised managers.

Warmest Regards,

Kevin Mazzone  
General Manager  
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# COVID-19 Precautions and Protocols

## Current Protocol

- Wash your hands often, for at least 20 seconds, with warm water and soap
- Cover your mouth when you cough or sneeze (with a flexed elbow or tissue, not your hand)
- Avoid touching your face and mouth after touching surfaces
- Do not spend time with people who are sick
- Do not come to work if you feel sick

At work, we offer continued access to preventative supplies, e.g. hand sanitizer, tissues, receptacles for tissue disposal.

## Symptoms of COVID-19

Common symptoms include fever, dry cough, shortness of breath.

## What to do if you or someone you are in contact with is sick

Please report the illness to your manager and do not come into work. You will be placed on immediate sick leave and your job security will not be affected if you comply with company guidelines.

If you believe you have contracted the Coronavirus, please phone your family doctor or 8-1-1.

## Mental health concerns, increased worry or anxiousness?

Below are videos, provided by Vancouver's top Workplace Health psychologist, Dr. Joti Samra, to help you manage stress and anxiety about the Coronavirus.

### [My Workplace Health: Anxiety Surrounding Coronavirus](#)

## Travel

When taking a trip, we strongly encourage everyone to follow the [Government of Canada's Travel Advisory](#).

- If you must travel to a high-risk area, please isolate yourself for 14-days when you return. You can only return to work after this period if you are symptom-free
- If you travel to areas that are not high-risk, please monitor yourself for symptoms and do not return to work if you are ill

## For More Information

The links below has more details about COVID-19 and address several frequently asked questions.

### [BC Centre of Disease Control: Novel Coronavirus \(COVID-19\)](#)

### [Fraser Health: Coronavirus Questions General Public](#)