

Safety Information for the SewTO Collective

The safety of everyone working on this project is our top priority. If you have questions or concerns, please ask us.

A. SAFETY TIPS FOR EVERYONE

Please ask yourself the following two questions before helping. If you answer ‘yes’, don’t help with the project for now. We want to everyone to stay healthy!

1. Are you experiencing any flu or cold symptoms, even if mild?

- fever
- cough
- difficulty breathing
- muscle aches
- fatigue
- headache
- sore throat
- runny nose

If “YES”, and you have any one of these symptoms, postpone helping with the project until you are well. Contact Telehealth Ontario at [1-866-797-0000](tel:1-866-797-0000) for advice about what to do. To keep everyone healthy, stay at home for 14 days and, if you live with others, stay in a separate room or keep a 2-metre distance away.

More information, in many languages, is available here:

<https://www.canada.ca/en/public-health/services/publications/diseases-conditions/covid-19-how-to-isolate-at-home.html>

2. In the past 14 days, have you been in contact with anyone who has or might have COVID-19?

If “YES”, postpone helping with the project until your 14-day self-quarantine period is over. Thanks!

**If your answer is “NO” to both questions,
you can start helping us right away!**

The SewTO Collective is supported by TNO - The Neighbourhood Organization in collaboration with Thorncliffe Flemingdon Sustainable Sewing Group, Flemingdon Community Support Services, Cathy Richards Family Foundation, Tailor Project Impakt Foundation for Social Change, Green Neighbours Network, City of Toronto Solid Waste Management Services (SWMS) Division, and many more.

B. SAFETY TIPS FOR DROP OFFS AND PICK Ups

- **Keep your distance & stay outdoors:** Drop off and pick up materials from others while remaining outdoors and at a distance of 2 metres (6 feet) away.
- **Be quick:** Your interaction should only be as long as necessary.
- **Keep your hands clean:** Frequently wash with soap and water for at least 20 seconds or use an alcohol-based hand sanitizer to keep your hands or gloves clean. Avoid touching your eyes, nose and mouth. Cough or sneeze into the bend of your arm. If you wear gloves, change them often to keep them clean and in good condition.
- **Double-bag:** If possible, have a clean plastic bag ready and opened up so the person giving you something can put it inside the bag. The double-bagged item is then safe for you to handle.

C. SAFETY TIPS FOR SEWERS

- **Wash the items you receive:** If you can, wash the items you receive with soap and water for extra safety. Research shows that the COVID-19 virus will survive less than 72 h (3 days) on plastic or metal, and will survive less than 24 h on cardboard. Fabric is more porous than cardboard, so the good news is that the virus is expected to die more quickly on fabric.
- **Keep your tools and work area clean:** Use soap and water to clean your tools and work area and wash your hands before starting.
- **Only work if you feel well:** Only work on the masks if you, and others around you, are feeling well.
- **Store completed face masks in a labeled plastic bag:** Please put your sewn masks in a plastic bag that is labeled with your contact information (name, address, phone number, email address). They do not need to be individually wrapped.

The SewTO Collective is supported by TNO - The Neighbourhood Organization in collaboration with Thorncliffe Flemingdon Sustainable Sewing Group, Flemingdon Community Support Services, Cathy Richards Family Foundation, Tailor Project Impakt Foundation for Social Change, Green Neighbours Network, City of Toronto Solid Waste Management Services (SWMS) Division, and many more.