

Why PCC matters in the workplace

Considering an ongoing recruitment crisis and a growing shortage of skilled workers, workplace interventions and return-to-work programs for people with post COVID-19 condition are essential. Additionally, workplaces as central social environments, benefit from preventive measures like proper ventilation.



The CAN-PCC Collaborative suggests

Multidisciplinary Workplace Interventions



- should be provided to people with post COVID-19 condition who have been **unable to return to work**;
- should include **interventions** aimed at **changing the workplace** and interventions aimed **at the person**.

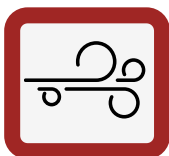
Personal interventions include clinical interventions, physical interventions (e.g., physical training), and psycho-educational interventions. All should be tailored to the individual to avoid relapses.

Scan the QR code for details on the recommendation or click the link above.

Corresponding tools ([implementation considerations](#), [text modules](#)) are available further along in this document.



Ventilation / Air filtration



- **optimizing indoor ventilation**: mechanical ventilation (e.g., HVAC system, portable units) or natural (e.g., opening a window)
- **usage of air filtration systems**: HEPA, MERV-13, in-room HEPA filter air cleaners and DIY-type Corsi-Rosenthal Boxes

Settings that are a priority for ventilation improvements include settings where there is close contact, crowding, or closed spaces. Air filtration may also help reduce other airborne infections.

Scan the QR code for details on this recommendation or click the link above.

Corresponding tools ([implementation considerations](#), [text modules](#), [printing template](#)) are available further along in this document.

For further resources for policymakers on “Prevention of PCC” click [here](#).





Multidisciplinary Workplace Interventions

Education about various interventions and their benefits and harms should be provided to persons with lived experience and workplaces.

Workplace interventions may need to be **tailored to the workplace** and to the **individual**.

Multidisciplinary interventions may result in more people returning to work. These types of interventions would align with the diverse symptoms experienced by people with post COVID-19 condition.

Examples for Helpful Resources

Scan the QR code or click [here](#) for an overview on “Return to Work” information with details on

- Accommodation,
- Functional Abilities Evaluation,
- Job Demand Analysis, and a
- Program Overview by the

Canadian Centre for Occupational Health and Safety (CCOHS).



Scan the QR code or click [here](#) for Tools & Guides on “Return to work, accommodation and support” like

- Decision-support for Communicating about Invisible Disabilities that are Episodic (DCIDE) or
- the Job Demands and Accommodation Planning Tool (JDAPT)

by the Institute for Work & Health (IWH).



Scan the QR code for a detailed description of the recommendation or click [here](#).

For plain language recommendations please see can-pcc.recmag.org/plain-language-recommendations.





Ventilation / Air Filtration

Provide Information on how to assess and improve indoor ventilation. CO₂ monitoring may be a helpful tool in gauging the effectiveness of indoor ventilation.

Prioritize public settings with **close contact, crowding, or closed spaces**.

There may be **additional benefits** to overall indoor air quality improvement and prevention of **other respiratory pathogen transmission**.

1 Optimize indoor ventilation

Indoor ventilation = mechanical ventilation (e.g., [HVAC](#) system, portable units) **or** natural (e.g., opening windows and doors)

- Prioritize mechanical ventilation (as natural ventilation is not practical all year around).
- When inadequate mechanical ventilation is in place, natural ventilation may be used as an additional measure.
- Include expertise from HVAC/Engineering - considering room size, population at risk, noise, electricity use, etc.

2 Consider additional portable air filtration

Various types of filters may be used (e.g., HEPA, MERV-13, [in-room HEPA filter air cleaners](#) and [DIY-type Corsi-Rosenthal Boxes](#)).

- Consult with an expert to determine the appropriate type for room/building (e.g., room size, population at risk).
- Consider that access to air filtration may empower people to prevent COVID-19 infection, particularly repeat infections for people already affected by post COVID-19 condition.

Further information

Scan the QR code for CAN-PCC recommendations on ventilation / air filtration or click [here](#).



Scan the QR code or click [here](#) to access an infographic on "*Controlling Respiratory Infectious Diseases in the Workplace*" by CCOHS.



Text modules for newsletters or press releases

As the world adapts to COVID-19, one lingering challenge is post-COVID condition (PCC), also known as long COVID. Its impact on labour, education, and communities has highlighted the importance of public health measures, especially in high-risk environments.



Multidisciplinary Workplace Interventions

In recognition of the challenges that PCC can cause, our focus remains on ensuring the health and safety of our employees while fostering a supportive and productive work culture. Aware of the shortage of skilled workers, we want to stand out as an employer and offer a workplace that really takes employees' health into account.

Different strategies can help to prevent the spread of COVID-19 and reduce the potential for long-term health effects: vaccination, improved indoor ventilation and good hygiene practices in place like masking.

Furthermore we address the challenges of post COVID-19 condition faced by our workforce by promoting a resilient and adaptable workplace. They include **flexible work arrangements**, **mental health support** and **open communication channels** among others.



VENTILATION/AIR FILTRATION

Improving air circulation in **schools, offices, healthcare settings** and **public buildings** can make indoor environments **safer** and help **prevent new cases** of COVID-19 infection and therefore post COVID-19 condition (PCC).

The benefits of improved ventilation go beyond preventing a COVID-19 infection and therefore PCC. Cleaner air also **reduces** the **transmission** of other **respiratory infections** such as flu and colds, resulting in a healthier indoor environment all year round. In addition, good ventilation can benefit cognitive function, concentration and general well-being, especially in schools and workplaces where people spend long periods of time indoors.

Preventing Post COVID – 19 Condition / long COVID



CANADIAN GUIDELINES FOR
POST COVID-19 CONDITION

PCC – what we know and why it matters

Post COVID-19 Condition (PCC) usually appears within three months from the acute COVID-19 infection and lasts at least two months. Symptoms vary, and can change or worsen over time, and significantly impact daily life, according to the World Health Organization. Common symptoms may include fatigue, pain, shortness of breath, brain fog and sleep problems. PCC is also known as long COVID, and can affect adults and children.

Fresh Air Means Safer Air!

Use mechanical ventilation / air conditioners

and – if not available:

open windows and doors regularly
(if the weather permits).



Do you have air filtration in place (like HEPA or MERV-13 filters)?

GREAT!

- Ensure regular maintenance and filter replacement.
- Use them in high-traffic areas for maximum benefit.

Optimizing indoor ventilation in a given space and then considering **additional** portable **air filtration** for further improvements in air quality is suggested in order to prevent COVID-19 infection with the aim of preventing PCC.

Scan the QR code to learn about CAN-PCC recommendations related to ventilation/air filtration.

