COVID-19 (Corona Virus) Contingency

What are the Symptoms of COVID-19?
- Symptoms for COVID-19 include fever/chills and shortness of breath, cough or sore throat.

How does COVID-19 spread?
- COVID-19 is thought to spread mainly from person to person through coughing or sneezing. It may also spread when people touch something with the virus on it then touch their mouth or nose. Symptoms usually appear 7-14 days after exposure.

Who is at higher risk for COVID-19 complications?
- Pregnant women, and children or adults with underlying conditions such as asthma, diabetes, suppressed immune systems, heart disease, and kidney disease, are more likely to have complications.

How can I help prevent the spread of COVID-19?
- Wearing masks, such as cloth homemade masks or disposable masks can help to prevent the spread from person to person, when social distancing is difficult. It’s important to know that the cloth homemade masks only help a person who might be infected from spreading it to others. It will not necessarily protect someone from being infected by wearing it.
- Remind employees that not all those who are infected will have symptoms. It’s best to treat anyone as if they are possibly infected and take precautions around them.
- Wearing gloves will only work if you change them after each thing you touch, otherwise you are cross contaminating everything. It’s best to use hand sanitizer or wash your hands after touching objects.
- Wiping down tools to disinfect is an important part of slowing the spread. Also, where possible not sharing tools.
- Disinfecting PPE frequently and not sharing it with anyone.
- Splitting work crews into shifts to limit the amount of people in areas.
- Staggering lunches and breaks so not as many people in a break or lunch area at a time.
- Conduct meetings in groups of less than 10 and outdoors if possible.
- Minimize ridesharing and ensure adequate ventilation if necessary. Disinfect interior surfaces.
- Disinfect commonly contacted objects such as handrails and doorknobs frequently.
- Follow job specific plans and protocols to protect yourself and others (i.e. temperature checks)
- Frequently disinfect common areas. (i.e. lunch or break areas)
- Use bottled water instead of a shared water cooler.

How severe is illness associated with COVID-19?
- Illness has ranged from mild to severe. Most people have recovered without needing medical treatment. However, hospitalizations and deaths have occurred.
How do I protect myself?

Practice Good Hygiene!

- Avoid close contact with people who are sick.
- Avoid touching your eyes, nose, and mouth.
- Stay home when you are sick.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash.
- Clean and disinfect frequently touched objects and surfaces using a regular household cleaning spray or wipe.
- Wash your hands often with soap and water for at least 20 seconds, especially after going to the bathroom; before eating; and after blowing your nose, coughing or sneezing.
  - If soap and water are not readily available, use an alcohol-based hand sanitizer with at least 60% alcohol. Always wash hands with soap and water if hands are visibly dirty.