

CORONAVIRUS (COVID-19)

Overview

Coronavirus (COVID-19) is a respiratory illness that originated in China and has spread to different regions around the world. Although it is spread from person-to-person contact, there are steps you can take to reduce your chance of contracting the virus and keep it from spreading throughout your workplace.

What You Need To Know:

Symptoms

Individuals who contracted the coronavirus have been known to exhibit respiratory illness with the following symptoms:

- Fever
- Cough
- Shortness of breath

Coronavirus Treatment

- There is no specific antiviral treatment for COVID-19
- There is no vaccine for COVID-19

Symptoms at Work

If you become ill or believe you may be infected with the coronavirus:

- If available, put on a mask
- Notify a supervisor and isolate/separate yourself away from other workers
- Seek medical attention immediately

Handwashing

- Wash your hands regularly with soap and water
- Use alcohol-based sanitizers when soap and water are not available
- Avoid shaking hands
- Thoroughly wash your hands before touching your face (eyes, nose, and mouth)

How to Stay Safe:

- If you are sick, do not go to work
- Wash your hands after coughing or sneezing
- Clean and disinfect work surfaces regularly
- Notify a supervisor if you become ill at work
- Avoid using other workers' desks, phones, etc. to prevent spreading germs
- If you have underlying health conditions that put you at a greater risk of contracting the coronavirus, communicate this to your supervisor and take necessary precautions
- Avoid non-essential travel to areas with outbreaks of COVID-19

Safety Checkpoint:

1. Should you go to work if you suspect you are sick?
2. What are some ways you can help prevent the spread of the coronavirus on your worksite?