STAYING INFORMED

The Centers for Disease Control and Prevention (CDC) is still learning about the virus that causes the disease named "coronavirus disease 2019" (abbreviated "COVID-19").

The virus is thought to spread mainly from person-to-person transmission:
• Between people who are in close contact with one another
• Through respiratory droplets that are produced when an infected person coughs or sneezes

Reported illnesses have ranged from mild symptoms to severe illness and death for confirmed COVID-19 cases.

THE FOLLOWING SYMPTOMS MAY APPEAR 2-14 DAYS AFTER EXPOSURE:

- Fever
- Cough
- Shortness of breath

The following symptoms may appear 2-14 days after exposure:

PREVENTING THE SPREAD OF CORONAVIRUS INCLUDES:

- Avoid close contact with people who are sick.
- Avoid touching your eyes, nose, mouth, and face.
- Stay home when you are sick.
- Clean and disinfect frequently touched objects and surfaces using a regular household cleaning spray or wipe.
- Good hand hygiene includes washing your hands with soap and water for at least 20 seconds.
- Not sure how long 20 seconds is? Hum the "Happy Birthday" song from beginning to end twice.

ADDITIONAL STEPS THAT CAN HELP PREVENT THE SPREAD OF CORONAVIRUS INCLUDE:

- Wash your hands often, especially after going to the bathroom, before eating, and after you blow your nose, cough, or sneeze.
- IF YOU GET SICK
  - If you develop a fever and symptoms of respiratory illness, such as cough or shortness of breath, call your health care provider immediately.
  - To prevent others from getting sick, stay home except to get medical care. Avoid public areas and public transportation.
- WORKPLACE PREVENTION
  - The CDC has released recommended strategies for companies to use to help reduce workplace exposures to acute respiratory illnesses.
  - All companies should be ready to implement strategies to protect their workforce from COVID-19 while maintaining continuity of operations.
- IT IS RECOMMENDED THAT WORKERS WHO HAVE SYMPTOMS OF ACUTE RESPIRATORY ILLNESS STAY HOME AND DO NOT COME TO WORK UNTIL THEY ARE FEVER FREE FOR AT LEAST 24 HOURS.
  - Workers should notify their supervisor and stay home if they are sick.
- COMPANIES SHOULD:
  - Actively encourage sick workers to stay home.
  - Separate sick workers and immediately send home workers who become ill during the workday.
  - Explore the potential for policies, such as flexible work sites (e.g., telecommuting) and flexible work hours (e.g., staggered shifts).
  - Encourage workers who are able to telework to stay home instead of coming into the workplace.
  - Perform routine environmental cleaning.
  - Advise workers who travel for business to follow CDC guidance on travel.
  - Provide tissues and no-touch disposal receptacles for worker use.
  - Provide soap and water and alcohol-based hand sanitizers in the workplace.
  - Provide disposable wipes so that workers can wipe down commonly used surfaces before and after each use.

For more information and updates, visit the CDC’s website at https://www.cdc.gov.

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