

COVID-19 NOVEL CORONAVIRUS



What you should know about the virus and what you should do to protect yourself.

1 WHAT IS NOVEL CORONAVIRUS

There are many types of human coronaviruses including some that commonly cause mild upper-respiratory tract illnesses. COVID-19 is a new disease, caused by a novel (or new) coronavirus that has not previously been seen in humans. The name of this disease was selected following the World Health Organization (WHO) best practice for naming of new human infectious diseases.



2 HOW DOES THE VIRUS SPREAD?

The COVID-19 virus is spreading from person to person, and there are community transmissions in the U.S. It may be possible to get COVID-19 by touching a surface or object that has the virus on it and then touching their own mouth, nose, or possibly their eyes, but this is not thought to be the main way the virus spreads. There is also evidence of transmission when people do not have symptoms, and there is some evidence to indicate that COVID-19 spreads more easily than the flu.



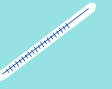
3 WHAT ARE THE SYMPTOMS?

Symptoms of COVID-19 include fever, cough and shortness of breath. Some people require hospitalization. People who are at most risk for severe illness are the elderly and those with other health conditions.



4 WORKERS AT INCREASED RISK

Working people are at increased risk if they frequently interact with potentially infected, or infected, individuals. Workers who are at risk include:

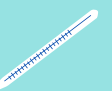


- Retail workers
- Health care workers
- Emergency responders (e.g. law enforcement, firefighters, EMTs)
- Airline and other transportation operations (e.g. pilots, flight attendants, other airport workers)
- Educators
- Cleaning workers
- Correctional workers
- Workers identified as "essential personnel" by their employers during an outbreak or quarantine
- Other workers with broad exposure to the public



5 WHAT YOU CAN DO NOW

- Get the flu shot. Although it will not protect you from COVID-19, it will help prevent the flu which has similar symptoms.
- Cover coughs and sneezes with a tissue or a sleeve (not your hands)
- Wash hands often with soap and warm water for at least 20 seconds
 - Or use an alcohol-based hand sanitizer with at least 60% alcohol
- Do not touch your eyes, nose and mouth with unwashed hands
- If you feel sick, stay home
- If you have a fever, cough and/or shortness of breath, and recently traveled to an area with ongoing spread of coronavirus, or have been in contact with someone who has, go to your doctor.
- If you have these symptoms, but no travel history, stay home and call your doctor.
- Follow CDC's recommendations for using a facemask. CDC does not recommend healthy people to wear a facemask to protect from respiratory diseases, including COVID-19. Facemasks should be used by people who show symptoms of COVID-19 to help prevent the spread of the disease to others. The use of facemasks is also crucial for health workers and people who are taking care of someone in close settings (at home or in a health care facility).



Additional Resources:

U.S. Occupational Safety and Health Administration: osha.gov/SLTC/covid-19/index.html

Centers for Disease Control and Prevention: cdc.gov/coronavirus/2019-nCoV/index.html

World Health Organization: who.int/emergencies/diseases/novel-coronavirus-2019