

From The Desk of Training Director Heather Bawgus
COVID-19

Brothers/Sisters, I am providing information that hopefully you will find useful in keeping you and your families, both at home and at work, safe.

SARS-CoV-2 is the virus that causes the Coronavirus Disease 2019 (COVID-19)

*SARS = severe Acute Respiratory Distress Syndrome

Incubation Period - Time between exposure and the onset of symptoms

*COVID-19 incubation period range 1 - 14 days (Mitigate exposure by Social Distancing)

*COVID-19 symptoms may show in 2 - 14 days (most common 5 days)

*There is information that COVID-19 can be spread before it causes symptoms and also up to 12 days after recovery.

TRANSMISSION

*DROPLET (from coughing or sneezing) *AEROSOL (breathing in) *CONTACT

*OTHER - Fecal Matter

SYMPTOMS

COMMON

FEVER
COUGH
SHORTNESS OF BREATH

OTHER

SORE THROAT
RUNNY/STUFFY NOSE
BODY ACHES
CHILLS
FATIGUE
DIARRHEA
NAUSEA
PINK EYE

Medical attention should be sought immediately for the following:

Difficulty Breathing or Shortness of Breath, Persistent Pain or Pressure in the Chest, New Confusion, or Bluish Lips/Face.

Ultimately **YOU** have a responsibility to keep yourself safe:

1. Be informed and prepared
2. Wash your hands frequently (20 seconds)
3. Use alcohol - based hand sanitizer
4. Avoid touching your face with unwashed hands
5. Stay home if you are sick
6. Cough or sneeze into a tissue or your elbow
7. Clean and disinfect frequently touched objects and surfaces (don't forget cellphones & keys, etc.)
8. Be prepared for closures - schools, daycares, worksites

****If new chemicals are brought onto the jobsite you MUST be trained on the proper use!**