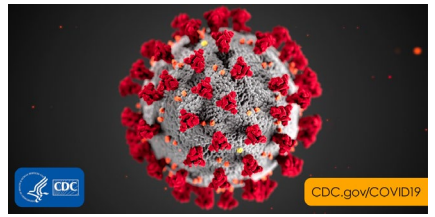
PANDEMIC PREPAREDNESS

Intro to COVID-19

EHS Support℠

WHAT IS COVID-19



- COVID-19 is an illness caused by the SARS-CoV-2 strain of Coronavirus that has been found to cause respiratory issues and is highly communicable.
- It is believed to be transmitted between people in close contact with one another (within about six feet) and through respiratory droplets produced when an infected person sneezes or coughs.
- Symptoms include a recurrent dry cough, shortness of breath, or a fever of 100.4°F (37.8 °C), or greater, using a personal digital oral thermometer.

https://www.cdc.gov/coronavirus/2019-ncov/prepare/prevention.html

HOW TO AVOID COVID-19

- Clean your hands often. Wash your hands with soap and water often for at least 20 seconds after you've been in a public place, or after blowing your nose, coughing, or sneezing.
- If soap and water are not readily available, use a hand sanitizer **containing at least 60% alcohol**. Cover all surfaces of your hands and rub them together until they feel dry.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Apply respiratory etiquette by covering coughs and sneezes (cough or sneeze into a tissue, then throw the tissue away).

HOW TO AVOID COVID-19

Practice Social Distancing

- Avoid close contact with other people (at least six feet, or two meters, space).
- Stay home if you are sick.
- Avoid gatherings of people other than those you live with, provided they are healthy.

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HOW TO AVOID COVID-19

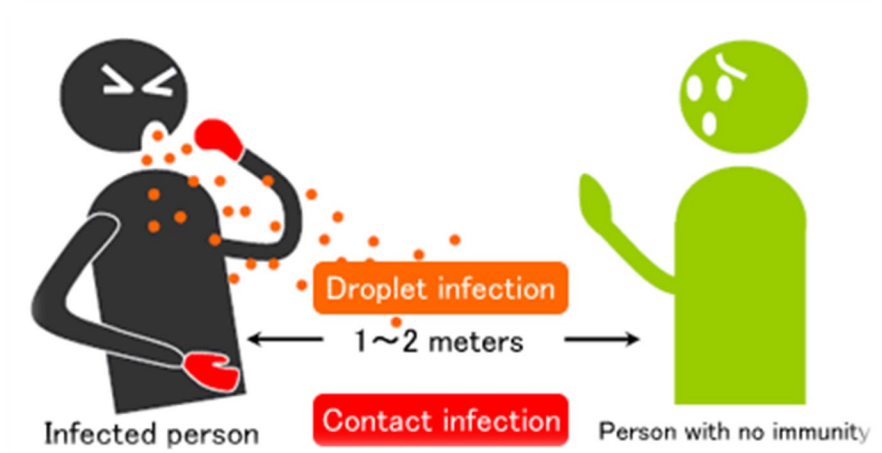
- Clean AND disinfect frequently touched surfaces **daily**.
  - Tables
  - Doorknobs
  - Light switches
  - Countertops
  - Handles
  - Desks, phones, and keyboards
  - Toilets, faucets and sinks

Disinfect with EPA registered household disinfectants.

https://www.epa.gov/pesticide-registration/list-n-disinfectants-use-against-sars-cov-2

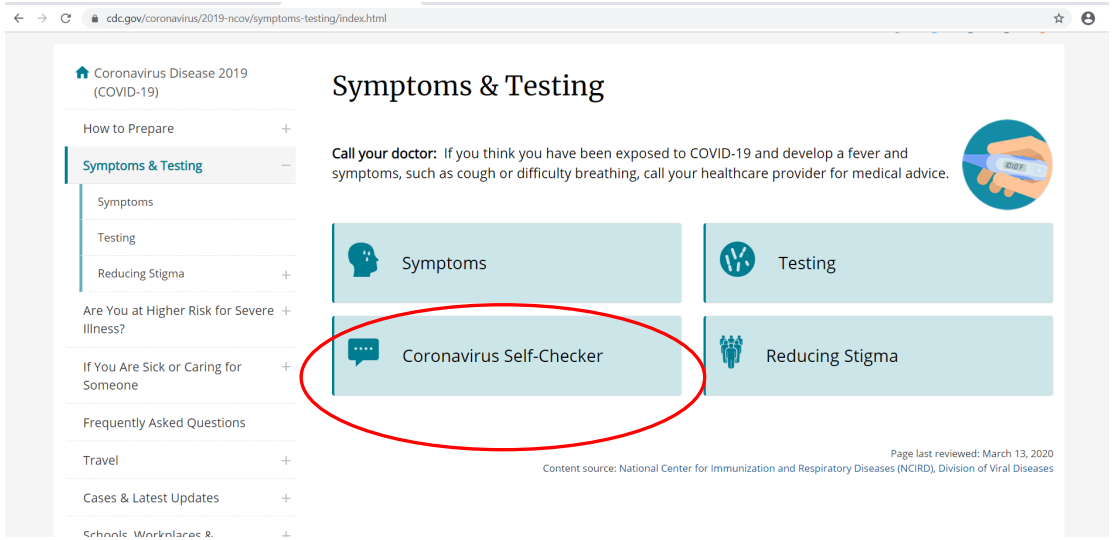
WHAT TO DO IF YOU FEEL SICK

- If you feel sick:
  - STAY HOME except to get medical care. (Call physician before visit)
    - People who are mildly ill with COVID-19 are able to recover at home.
    - Do not leave or visit public areas.
  - Stay in touch with your doctor.
  - Avoid public transportation.
  - Separate yourself from other people in your home.
  - Limit contact with pets and animals.
  - Wear a facemask.
  - COVER coughs and sneezes.
  - Avoid sharing personal household items.
    - Dishes
    - Drinking glasses
    - Cups
    - Eating utensils
    - Towels
    - Bedding
  - The sick individual should wash their own personal items thoroughly after use with soap and water or put directly into washer. Otherwise gloves should be worn to handle those items.



WHAT TO DO IF YOU FEEL SICK

- Monitor your symptoms
  - Seek medical attention but call first.
  - Use CDC self-checker:
    - https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/index.html



WHAT TO DO IF YOU FEEL SICK

- If you develop emergency warning signs for COVID-19 get medical attention immediately:
  - Difficulty breathing
  - Shortness of breath
  - Persistent pain or pressure in the chest
  - New confusion or inability to awake
  - Bluish lips or face

  CALL 9-1-1 (000 in AUS or 111 in NZ) if you have a medical emergency.
    - If possible, don a facemask or covering before medical help arrives.

WHAT TO DO IF YOU ARE NO LONGER SICK

When to discontinue home isolation:

If you WILL NOT have a test to determine if you are still contagious:

- After you have been fever-free for at least 72 hours without use of medicine (including over the counter fever reducers).
- Other symptoms have improved.
- AND at least 7 days have passed since your symptoms first appeared.

If you WILL have a test to determine if you are still contagious:

- You are fever free
- Other symptoms have improved
- AND you have received two negative tests in a row, 24 hours apart.

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TESTING POSITIVE FOR COVID-19

- In the event you test positive, please notify Sarah Kitchen.

- Sarah.Kitchen@EHS-Support.com
- 724-422-8472