# COVID-19 (CORONA VIRUS) OVERVIEW

What You Need To Know

According to the U.S. Centers for Disease Control and Prevention (CDC), Chinese authorities identified the new coronavirus, which has resulted in confirmed human infections in China and a growing number of other countries including the United States. Infected patients have also spread the virus to healthcare workers.

There is no evidence of widespread transmission of COVID-19 in the United States at this time. Without sustained human-to-human transmission, most American workers are not at significant risk of infection. Exposure risk may be elevated for some workers who interact with potentially infected travelers from abroad, including those involved in:

- Healthcare
- Deathcare
- Laboratories
- Airline operations
- Border protection
- Solid waste and wastewater management
- Travel to areas of China, South Korea, Italy and other known countries with outbreaks
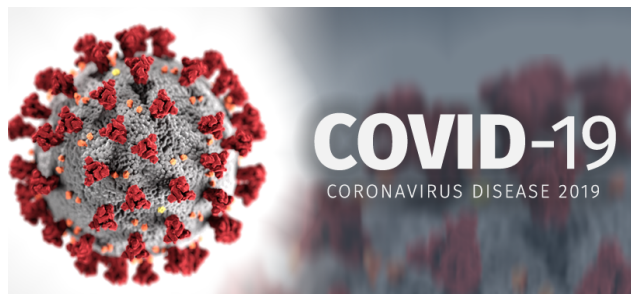
There is much more to learn about the transmissibility, severity and other features associated with COVID-19 as the outbreak investigation continues. Infected people can spread COVID-19 through their respiratory secretions, especially when they cough or sneeze. According to the CDC, spread from person-to-person is most likely among close contacts (about 6 feet). Person-to-person spread is thought to occur mainly via respiratory droplets produced when an infected person coughs or sneezes, similar to how influenza and other respiratory pathogens spread. These droplets can land in the mouths or noses of people who are nearby or possibly be inhaled into the lungs. It is possible a person can 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.

What Are The Symptoms?

Symptom for COVID-19 include fever /chills, cough, headache, sore throat, shortness of breath and runny nose.
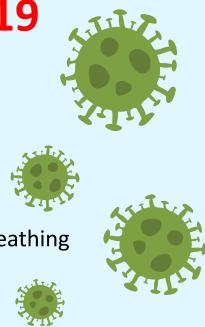
How Does COVID-19 Spread?

COVID-19 is thought to spread mainly from person to person through coughing or sneezing. It may also be spread when people touch something with the virus on it then touch their mouth, nose or eyes. Symptoms usually appear 7-14 days after exposure.

COVID-19
SYMPTOMS

- Fever
- Cough
- Headache
- Sore throat
- Difficulty breathing
- Runny nose

Who Is At Higher Risk for COVID-19 Complications?

Pregnant women and children or adults with underlying conditions such as asthma, diabetes, suppressed immune system, heart disease and kidney disease are more likely to have complications.

How Severe Is Illness Associated with COVID-19?

Illness has ranged from mild to severe. Most people have recovered without needing medical treatment. However, hospitalizations and deaths have occurred.

How to avoid infection or spreading the virus

Wash your hands regularly with soap and water for at least 20 seconds

Avoid touching your eyes, nose or mouth

Cover your mouth or nose when coughing or sneezing

Use only disposable tissues, and dispose of them immediately after use

Avoid close contact with anyone showing respiratory symptoms

Monitor travel advice on Smartraveller smartraveller.gov.au

Stay at home when you are sick

PRACTICE GOOD HYGIENE!!

How to Wash Hands?

1 **2** **3** **4** **5** **6**

- Wet your hands with clean running water. Turn off tap and apply soap.
- Lather your hands by rubbing them together with the soap. Be sure to lather the backs of your hands, between your fingers and under your nails.
- Scrub your hands for at least 20 seconds.
- Rinse your hands well under clean, running water. Do not use a basin of water to rinse your hands.
- Dry your hands using a clean towel or air dry them.

When Should You Wash Hands?

- After any public exposure.
- Before, during and after preparing food.
- Before eating food.
- Before and after smoking, vaping or smokeless tobacco.
- Before and after caring for someone who is sick.
- Before and after treating a cut or wound.
- After using toilet.
- After changing diapers or cleaning after a child.
- After blowing your nose or sneezing.
- After touching an animal, animal feed or animal waste.
- After handling pet food or treats.
- After touching garbage.

All information stated above was provided by OSHA and an AGC of Washington Toolbox Talk