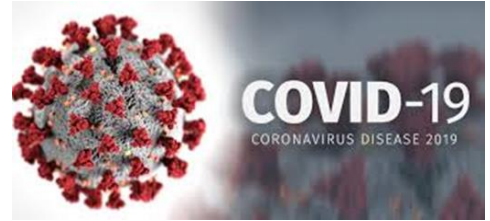


### What is COVID – 19?

COVID-19, short for "coronavirus disease 2019," is the official name given by the World Health Organization to the disease caused by this newly identified coronavirus.



### SIGNS AND SYMPTOMS OF COVID-19

Mild to severe respiratory illness with symptoms that include:

- Fever or chills
- Cough
- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body aches
- Headache
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea

These signs and symptoms can appear between 2-14 days after exposure. If you experience these symptoms while working, alert your supervisor immediately, leave work and contact your healthcare provider.

**Emergency warning signs and symptoms include:** trouble breathing, persistent pain in the chest, confusion or sluggishness and bluish lips or face.

### IF YOU ARE SICK, HAVE BEEN EXPOSED OR SUSPECT YOU HAVE BEEN EXPOSED

Alert your supervisor provider immediately if you experience symptoms, think you've been infected with the virus or have been exposed to someone with the virus. If you think you were exposed on the job, alert your supervisor immediately.

### Follow these steps:

1. Stay home except to get medical care
2. Keep in touch with your supervisor
3. Avoid public transportation
4. Stay away from others as much as possible and practice self-isolation
5. Cover your coughs and sneezes
6. Practice good hand hygiene; if there is no soap and water, use hand sanitizer
7. When around others, wear a facemask if one is available, including at the doctor's office
8. Avoid touching your eyes, nose, mouth and face with unwashed hands

## BEST PRACTICES TO REDUCE YOUR RISK FOR INFECTION

1. If you are sick, stay home and notify your Supervisor
2. Wear a mask at ALL times (except while eating/drinking)
3. Wash your hands frequently
4. Do not touch your face
5. Always maintain 6ft distance
6. Do not shake hands or hug anyone
7. Do not congregate
8. If you are able, take breaks/lunch by keeping 6ft distance
9. Wipe down equipment before and after use

## TAKEAWAYS

1. If you are experiencing symptoms of COVID-19, your supervisor and do not come to work.
2. You can spread COVID-19 to others even if you don't have symptoms.
3. Always wear your mask, follow good handwashing practices and the 6-Foot Rule when on site to limit your risk for being infected or spreading the virus.



**No**

**Congregating**



**DON'T TOUCH FACE**