

COMPANY

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Protect from Coronavirus Disease (COVID-19) Training

Protect from Coronavirus Disease (COVID-19)

Stop spreading

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's currently unknown if 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.

In addition to this OSHA guidance, employers and workers should consult interim CDC guidance specific to COVID-19. CDC also provides tips on what the general public should do during the ongoing outbreak.

o Cough and sneeze etiquette (respiratory protection)

Cover coughs and sneezes

- **Cover your mouth and nose** with a tissue when you cough or sneeze or use the inside of your elbow.
- **Throw used tissues** in the trash.
- Immediately **wash your hands** with soap and water for at least 20 seconds. If soap and water are not readily available, clean your hands with a hand sanitizer that contains at least 60% alcohol.



o Hand hygiene (hand protection)

Clean your hands often

- **Wash your hands** often with soap and water for at least 20 seconds especially after you have 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 that contains 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.



- Avoiding close contact with sick persons

Avoid close contact

- **Avoid close contact** with people who are sick
- Put **distance between yourself and other people** if COVID-19 is spreading in your community. This is especially important for [people who are at higher risk of getting very sick](#).



- Avoiding touching eyes, nose, and mouth with unwashed hands
- Avoiding sharing personal items with co-workers (i.e. dishes, cups, utensils, towels)
- Keep distance from another person at least 6 feet.
- Recognize the symptoms

Recognize the symptoms

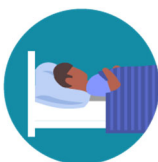
Reported illnesses have ranged from mild symptoms to severe illness and death for confirmed coronavirus disease 2019 (COVID-19) cases.

The following symptoms may appear **2-14 days after exposure**.*

- Fever
- Cough
- Shortness of breath



- If we don't feel good, stay at home.
- If we feel on risk, we have to stay at home
- Stay home if you are sick, except to get medical care



- Wear a facemask if you are sick
- **If you are sick:** You should wear a facemask when you are around other people (e.g., sharing a room or vehicle) and before you enter a healthcare provider's office. If you are not able to wear a facemask (for example, because it causes trouble breathing), then you should do your best to cover your coughs and sneezes, and people who are caring for you should wear a facemask if they enter your room



All the information is posted in the lunch rooms in different languages

The CDC guidelines also contain recommendations for creating an infectious disease outbreak response plan to be followed in the event of an outbreak. These response plans include one or more of the following:

- Allowing flexible worksites, telecommuting and flexible work hours to increase physical distance among employees
- Using other methods of minimizing exposure between employees, and between employees and the public.

APPROVED BY PRESIDENT

Name

Signature

Working during this extraordinary situation is a 100% voluntary decision

Protect from Coronavirus Disease (COVID-19)
Training participants

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