



April 21, 2020

## **COVID – 19 (Coronavirus) – TOOLBOX TALK** **Symptoms to look for and How to stop the Spread**

### **COVID-19 Pandemic Symptoms to look for:**

You are encouraged to seek medical advice if you develop symptoms and have been in close contact with a person known to have COVID-19 or if you live in or have recently been in an area with ongoing spread of COVID-19.

#### Most common signs and symptoms to look for:

- Fever
- Cough
- Shortness of breath
- Reported illnesses have ranged from mild symptoms to severe illness and death. Call your doctor if you develop these symptoms, and have been in close contact with a person know to have COVID-19, or have recently traveled from an area with widespread or ongoing community spread of COVID-19.

#### How to prevent the spread of COVID-19:

- Together we can help slow the spread of respiratory diseases such as COVID-19 by practicing the following:
  - Avoid close contact with people who are sick.
  - Practice social distancing – staying at least 6 feet away from others
  - Avoid touching your eyes, nose, and mouth
  - Cover your cough or sneeze with a tissue, then throw the tissue in the trash
  - Clean and disinfect frequently touched objects and surfaces
  - Stay home when you are sick, except to seek medical care
  - Wash your hands often with soap and water for a minimum of 20 seconds.
  - The virus that causes COVID-19 seems to be spreading from person-to-person between people who are in close contact with one another



- Through respiratory droplets produced when an infected person coughs or sneezes. These droplets can land in the mouths or noses of people who are nearby or possibly be inhaled into the lungs.
- If you feel sick, stay home
- Acquire necessary types of PPE and cleaning supplies; masks, respiratory masks, face shields, disposable gloves
- Avoid hugging, kissing and shaking hands when greeting
- Practice good health habits (sleeping, eating, keeping physically active)

## Stay Informed.

Don't panic, it's important to remain calm and take everyday actions to stay healthy. The following resources are updated regularly as information becomes available. The following resources are available for more questions:

CDC – Center for Disease Control and Prevention – (800) 232-4636

[www.cdc.gov](http://www.cdc.gov)

OSHA – Occupational Safety and Health Administration – (800) 321-OSHA

[www.osha.gov](http://www.osha.gov)

WHO – World Health Organization – (202) 974-3000

[www.who.int](http://www.who.int)

American Red Cross – (202) 303-5000 | [www.redcross.org](http://www.redcross.org)

Who attended: \_\_\_\_\_

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