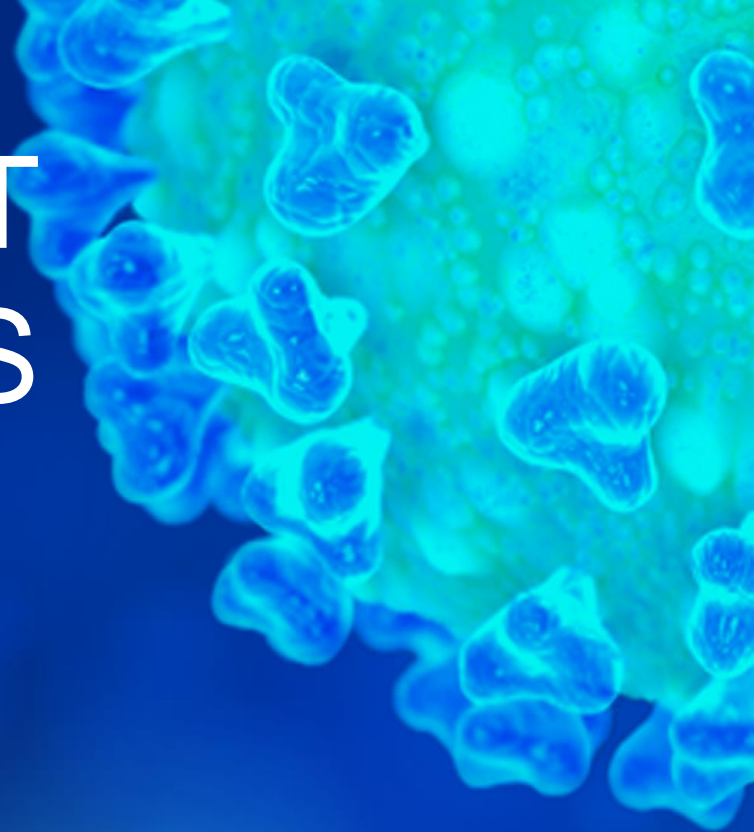


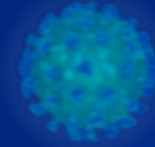
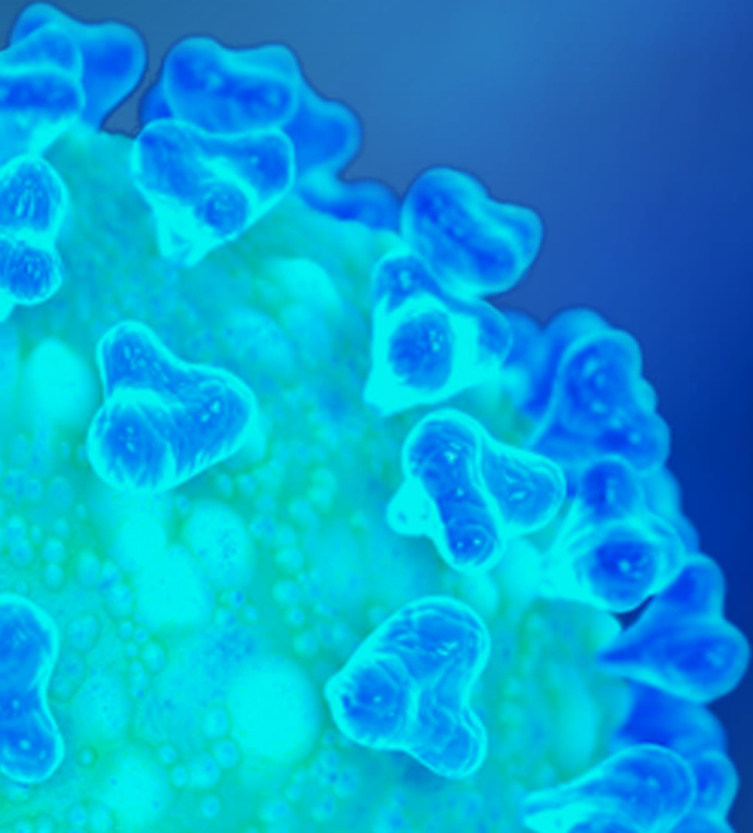
The background of the image is a dark blue gradient. It features several stylized representations of COVID-19 virus particles. On the left side, there is a large, detailed cluster of virus particles, showing their characteristic spherical shape and the presence of spike proteins on their surface. To the right, there are several smaller, more distant virus particles, some appearing as simple spheres and others with more defined spike structures. The overall aesthetic is scientific and digital.

# COVID-19

Virginia Department of Labor and Industry

# ABOUT CORONAVIRUS





# COVID-19

COVID-19 is an infectious disease caused by the recently found virus known as SARS-CoV-2 (or coronavirus). Before the outbreak originated in Wuhan, China on December 2019, there was no information about this virus

# SYMPTOMS OF COVID-19



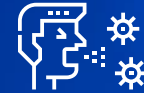
## HIGH FEVER

The body temperature can exceed or 99 Fahrenheit degrees



## TIREDNESS

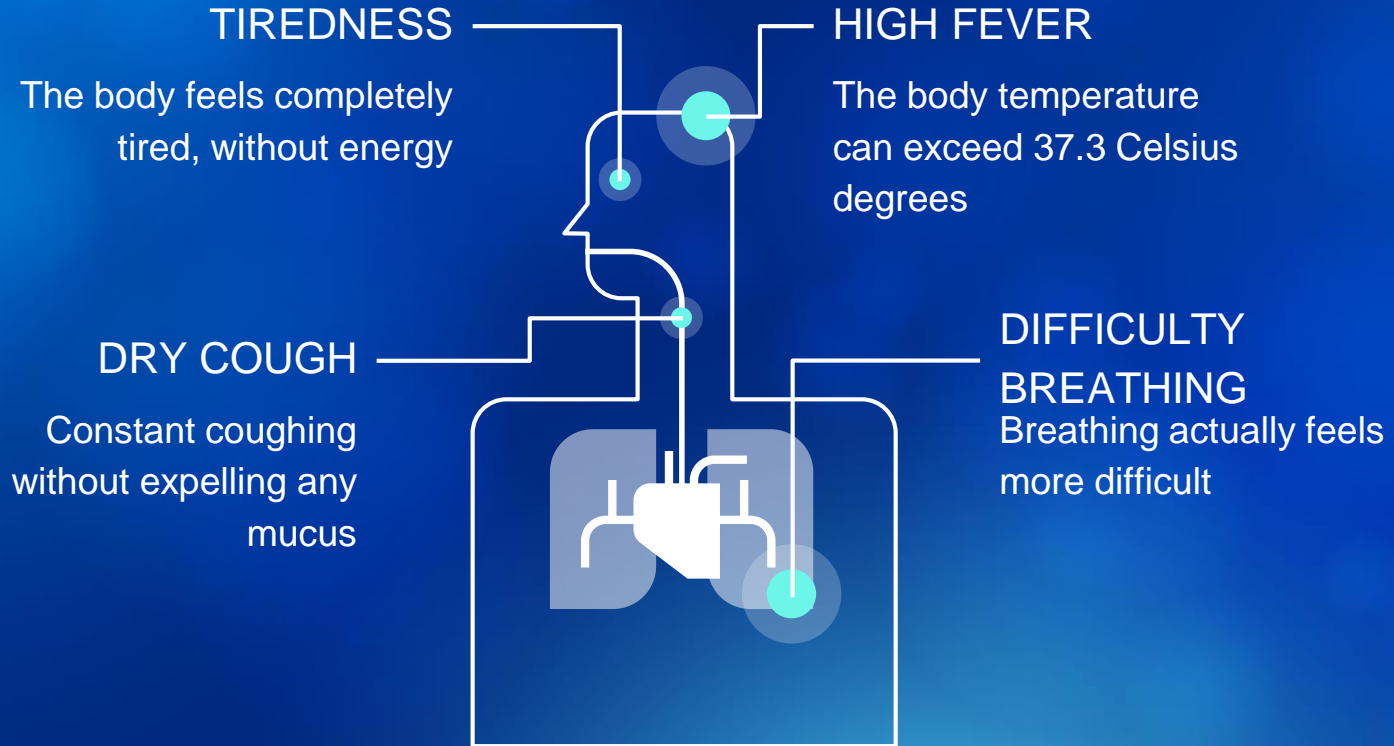
The body feels completely tired and without energy to perform normal tasks



## DRY COUGH

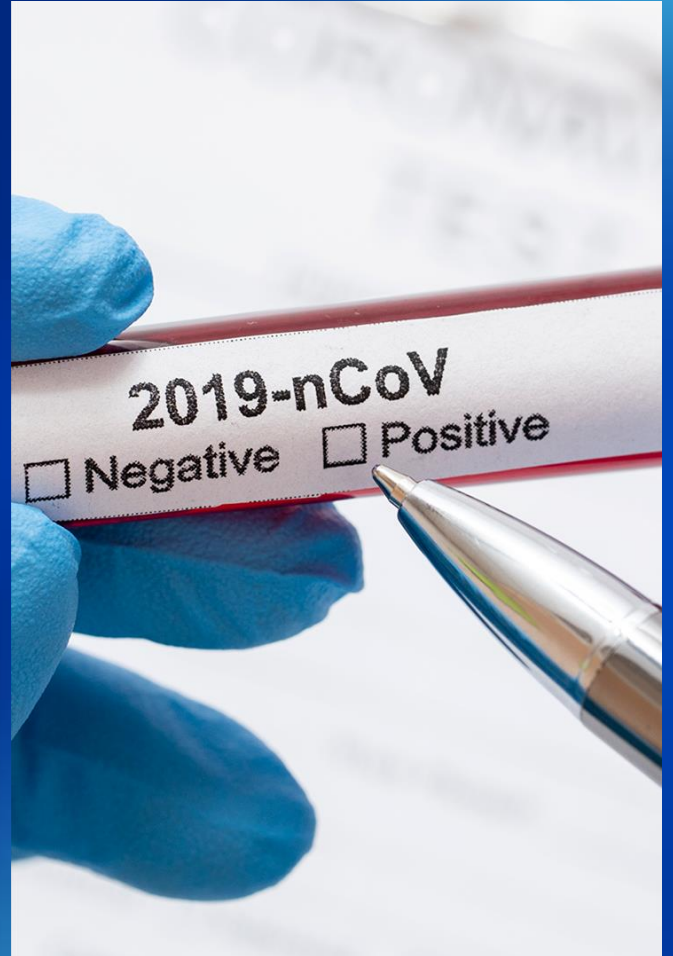
Irritation and constant coughing without expelling any mucus

# Symptoms



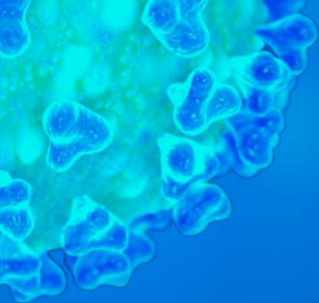
# ASYMPTOMATIC PEOPLE

Many people infected with COVID-19 show mild symptoms, especially during the first stages of the disease. Thus, you can still catch the disease from an infected person who only has a mere cough and does not feel ill



ABOUT 80% OF  
PEOPLE RECOVER  
FROM THIS DISEASE  
WITHOUT NEEDING  
SPECIAL  
TREATMENT



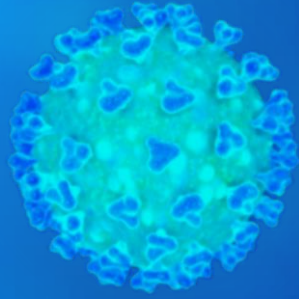


# Virginia Statistics

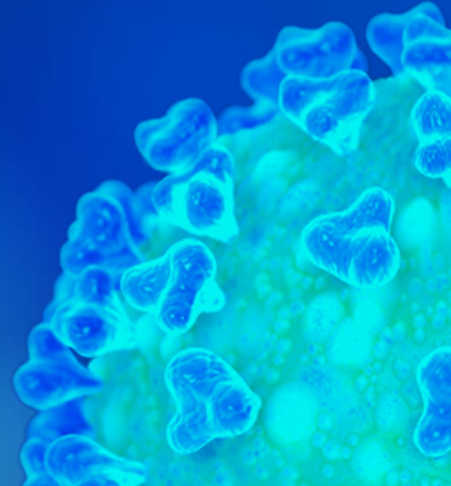
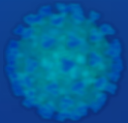
VDH Data as of 4/28/20

- 14,339 COVID-19 cases
- Increase of 804 over the 13,535 reported from the previous 24 hours.
- 13,794 confirmed and 545 probable cases.
- 492 COVID-19 deaths in the state — 487 confirmed and 5 probable.
- 82,753 have been tested for the virus in Virginia, and there have been 2,165 hospitalizations.
- Cases in 130 of Virginia's 133 cities and counties.





# PREVENTION MEASURES



# PROTECTING YOURSELF AND PREVENTING THE SPREAD OF THE DISEASE



Wash your hands with an alcohol-based sanitizer or with soap and water



Keep a distance of at least 6'



Try your best not to touch your eyes, your nose and your mouth



Cover your mouth and your nose with your bent elbow or a tissue when coughing



Seek medical attention if you have difficulty breathing and a high fever



Follow the directions of your national or local health authorities

# PROTECTION MEASURES

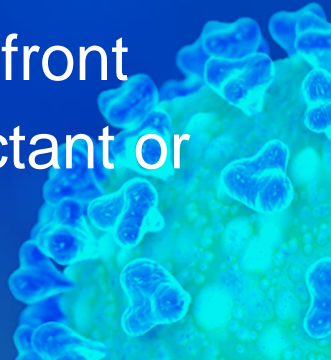
Stay home if you do not feel well, even if you feel mild symptoms such as headaches, slight fever and a runny nose

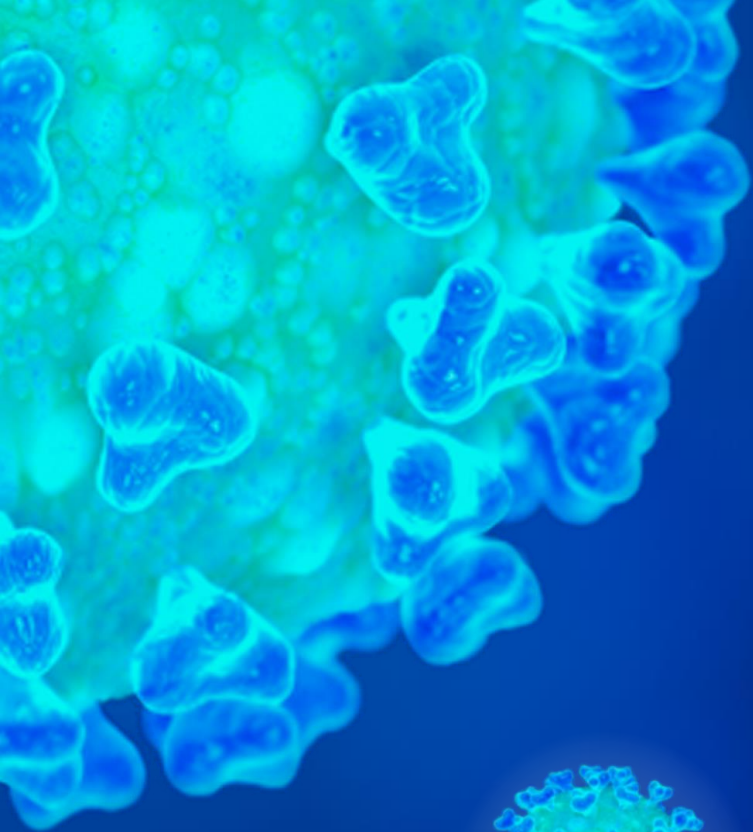
If you need to go out (for example, to buy food or supplies), wear a mask to minimize the risk of infecting others

If you have difficulty breathing and/or a high fever, seek medical advice as soon as possible

# HOW TO USE A MASK OR FACE COVERING

- Wash your hands with an alcohol-based disinfectant or with soap and water. prior to donning
- Cover your mouth and nose with the mask
- Make sure the mask is firmly pressed against your face.
- Do not touch the mask while you are wearing it
- Remove the mask from behind (do not touch its front)
- Wash your hands with an alcohol-based disinfectant or with soap and water after removing





Keeping  
Employees Safe

## Occupational Risk Pyramid for COVID-19

### VERY HIGH EXPOSURE RISK

Jobs with a high potential for exposure to known or suspected sources of COVID-19 during specific medical, postmortem, or laboratory procedures. Workers include:

- Healthcare and morgue workers performing aerosol-generating procedures on or collecting/handling specimens from potentially infectious patients or bodies of people known to have, or suspected of having, COVID-19 at the time of death.

### HIGH EXPOSURE RISK

Jobs with a high potential for exposure to known or suspected sources of COVID-19. Workers in this category include:

- Healthcare delivery, healthcare support, medical transport, and mortuary workers exposed to known or suspected COVID-19 patients or bodies of people known to have, or suspected of having, COVID-19 at the time of death.

### MEDIUM EXPOSURE RISK

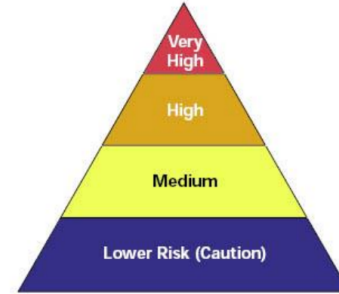
Jobs that require frequent/close contact with people who may be infected, but who are not known or suspected patients. Workers in this category include:

- Those who may have contact with the general public (e.g., schools, high-population-density work environments, some high-volume retail settings), including individuals returning from locations with widespread COVID-19 transmission.

### LOWER EXPOSURE RISK (CAUTION)

Jobs that do not require contact with people known to be, or suspected of being, infected.

- Workers in this category have minimal occupational contact with the public and other coworkers.



*The four exposure risk levels represent probable distribution of risk.*

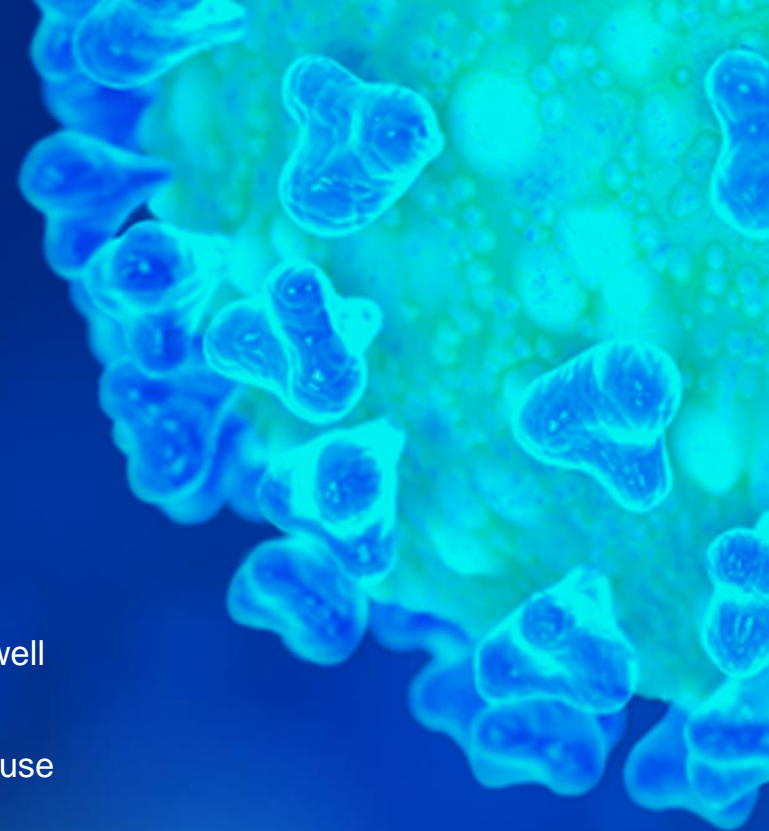
# Employee Safety

Appropriate PPE (such as masks, gloves, eye protection and coveralls)

Training in fitting, wearing and using respirators or masks as well as safe removal and disposal

After use, workers should dispose of PPE designed for single use

Requirements for hand washing and social distancing



# Ten Steps All Workplaces Can Take to Reduce Risk of Exposure to Coronavirus

All workplaces can take the following infection prevention measures to protect workers:

- 1 Encourage workers to stay home if sick.
- 2 Encourage respiratory etiquette, including covering coughs and sneezes.
- 3 Provide a place to wash hands or alcohol-based hand rubs containing at least 60% alcohol.
- 4 Limit worksite access to only essential workers, if possible.
- 5 Establish flexible worksites (e.g., telecommuting) and flexible work hours (e.g., staggered shifts), if feasible.
- 6 Discourage workers from using other workers' phones, desks, or other work tools and equipment.
- 7 Regularly clean and disinfect surfaces, equipment, and other elements of the work environment.
- 8 Use Environmental Protection Agency (EPA)-approved cleaning chemicals with label claims against the coronavirus.
- 9 Follow the manufacturer's instructions for use of all cleaning and disinfection products.
- 10 Encourage workers to report any safety and health concerns.

For more information, visit [www.osha.gov/coronavirus](https://www.osha.gov/coronavirus) or call 1-800-321-OSHA (6742).





# After a Workplace Exposure

1. Prepare the Building
2. Prepare the Workforce
3. Control Access
4. Create a Social Distancing Plan
5. Reduce Touch Points and Increase Cleaning
6. Communicate for Confidence

# Can I go back to work?

VDH says exposed coworkers who haven't developed symptoms are permitted to work but should be wearing personal protective equipment.



# Virus Spread



## PEOPLE

This disease can spread from person to person through small droplets from the nose or the mouth when the infected person coughs or exhales

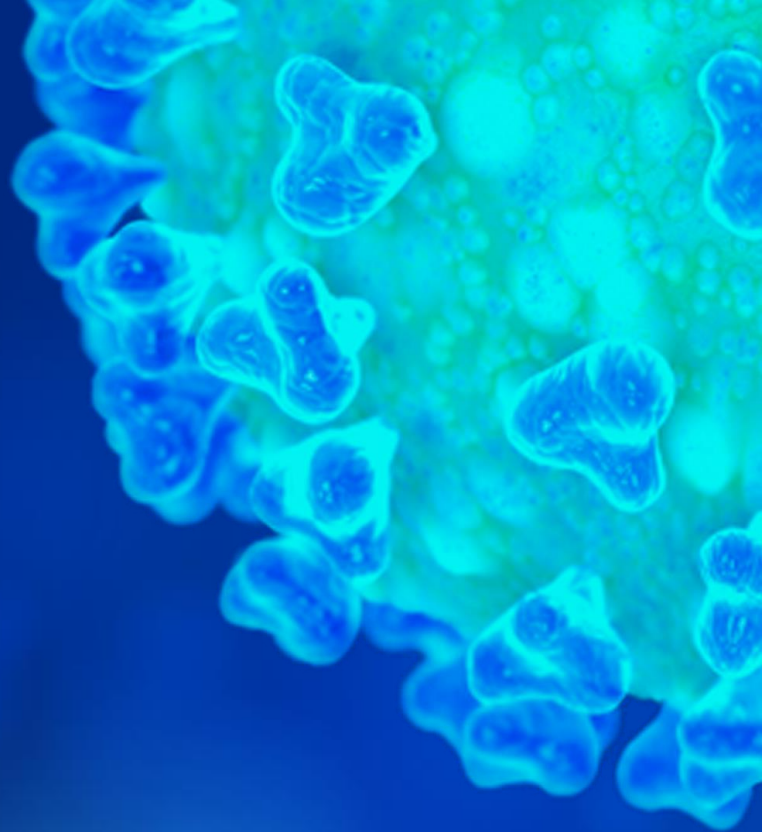


## SURFACES

These small droplets land on surfaces, which means any person that touches these surfaces and then their eyes, nose or mouth can become infected

# Cleaning the Workplace

- Clean
- Disinfect
- EPA Disinfectants
- Avoid Cleaner Overuse



# EPA approved disinfectants

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





# Cleaning Supplies

1. Review site inventory of cleaning chemicals
2. Ensure a safety data sheet is available
3. Cleaning staff training
4. Cleaners must be trained on proper disinfecting guidelines
5. Determine areas that require thorough cleaning due to heavy usage

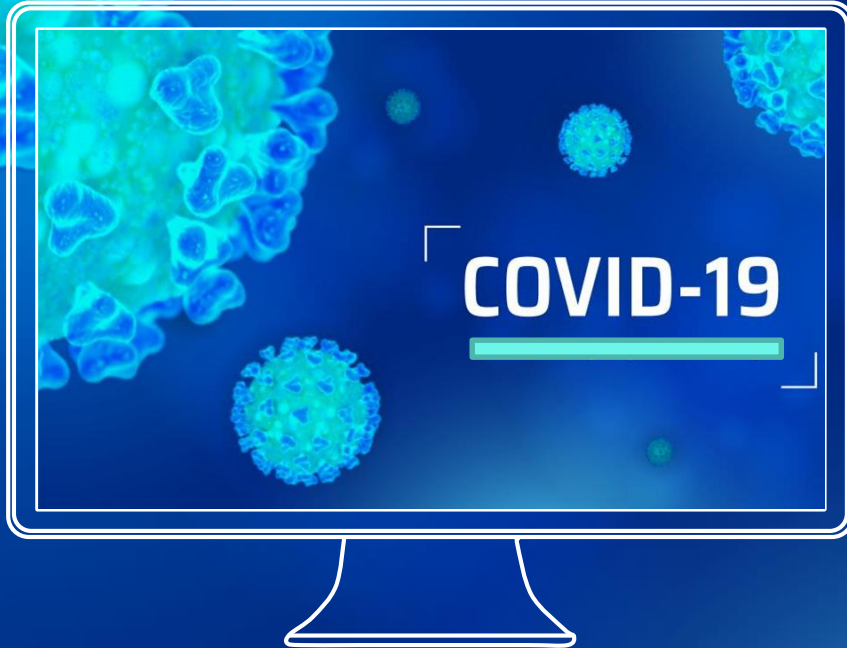


# OSHA Recordkeeping

Employers of workers in the healthcare industry, emergency response organizations (e.g., emergency medical, firefighting, and law enforcement services), and correctional institutions must continue to make work-relatedness determinations pursuant to 29 CFR § 1904. Until further notice, however, OSHA will not enforce 29 CFR § 1904 to require other employers to make the same work-relatedness determinations, except where:

- (1) There is objective evidence that a COVID-19 case may be work-related. This could include, for example, a number of cases developing among workers who work closely together without an alternative explanation; and
- (2) The evidence was reasonably available to the employer. For purposes of this memorandum, examples of reasonably available evidence include information given to the employer by employees, as well as information that an employer learns regarding its employees' health and safety in the ordinary course of managing its business and employees.

# Resources



VOSH

<https://www.doli.virginia.gov/vosh-programs/coronavirus-covid-19-resources/>



The background of the slide features a microscopic view of various virus particles. On the left side, there is a large, detailed cluster of spherical viruses with prominent surface spikes. Below and to the right of this cluster are several other spherical virus particles of varying sizes, some with spikes and others appearing smoother. The overall color palette is a gradient of blues and greens, with the viruses appearing in lighter shades against a darker blue background.

# Questions?

[Jennifer.rose@doli.virginia.gov](mailto:Jennifer.rose@doli.virginia.gov)