

CORONAVIRUS PREVENTION

Its critical to slow the spread of the coronavirus by adhering to these guidelines:

- Know how COVID-19 spreads
- Wash your hands often (20 seconds)
- Avoid touching your eyes, nose and mouth
- Clean and disinfect surfaces regularly
- Maintain social distancing
- Self-quarantine/Isolate
- Stay home if you're sick
- Cover coughs and sneezes

COVID-19 FACTS

Currently there is no scientific proof that COVID-19 virus CAN NOT be transmitted in areas with hot and humid climates

Cold weather and snow CANNOT kill the new coronavirus

Taking a hot bath does not prevent the new coronavirus disease

Swallowing or gargling with bleach, taking acetic acid, garlic, chloroquine, or using essential oils, salt water, ethanol or other substances do not prevent COVID-19

Covid-19 doesn't discriminate, anyone is at risk; regardless of age, sex, or race

There is currently no vaccine to cure COVID-19 available

Symptoms and Testing

Call your doctor: If you think you have been exposed to COVID-19 and develop a fever and symptoms, such as cough or difficulty breathing, call your healthcare provider for medical advice



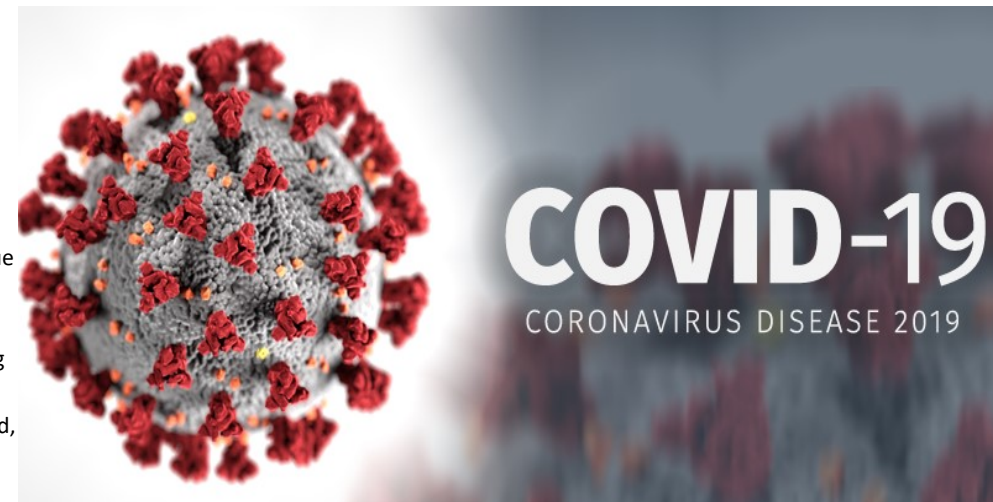
Virginia Department of Labor & Industry
600 E. Main Street, Suite 207
Richmond, VA 23219
804-371-2327 work / 804-371-6524 fax
<https://www.doli.virginia.gov/vosh-programs/coronavirus-covid-19-resources/>

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CONSULTATION NEWSLETTER

OUTLOOK FOR A NEW ECONOMY

The number of U.S. deaths due to the coronavirus has grown by more than 5000. With unemployment numbers surging to a historic 6.6 million and with higher numbers expected, Americans are facing tough and scary times. Congress passed the \$2 trillion relief bill that will send money directly to Americans, greatly expand unemployment coverage and make a number of other changes.



What is COVID-19?

Coronavirus disease 2019 (COVID-19) is an infectious disease caused by severe acute respiratory syndrome coronavirus 2 (SARS-CoV-2). The disease was first identified in 2019 in Wuhan, the capital of China's Hubei province, and has since spread globally, resulting in the ongoing 2019–20 coronavirus pandemic.

Common symptoms include fever, cough, and shortness of breath. Other symptoms may include muscle pain, sputum production, diarrhea, sore throat, loss of smell, and abdominal pain. While the majority of cases result in mild symptoms, some progress to pneumonia and multi-organ failure.

The virus is mainly spread during close contact and via respiratory droplets produced when people cough or sneeze. Respiratory droplets may be produced during breathing but the virus is not generally airborne. People may also contract COVID-19 by touching a contaminated surface and then their face.

Recommended measures to prevent infection include frequent hand washing, social distancing (maintaining physical distance from others, especially from those with symptoms), covering coughs and sneezes with a tissue or inner elbow, and keeping unwashed hands away from the face. The use of masks is recommended for those who suspect they have the virus and their caregivers. Recommendations for mask use by the general public are variable with some authorities recommending against their use, some recommending their use, and others requiring their use.

There is no vaccine or specific antiviral treatment for COVID-19. Management involves treatment of symptoms, supportive care, isolation, and experimental measures.



VOSH Consultation Services