ABOUT CORONAVIRUS
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

HIGH FEVER
The body temperature can exceed 37.3 Celsius degrees

TIREDNESS
The body feels completely tired, without energy

DRY COUGH
Constant coughing without expelling any mucus

DIFFICULTY BREATHING
Breathing actually feels more difficult
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
- Cover your mouth and your nose with your bent elbow or a tissue when coughing
- Try your best not to touch your eyes, your nose and your mouth
- Keep a distance of at least 6’
- 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.
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 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.
This disease can spread from person to person through small droplets from the nose or the mouth when the infected person coughs or exhales.

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
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.
Questions?

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