ToolBox Talk

Date: _____   Jobsite: _____

Topic: <u>Coronavirus - COVID-19 - Protect Yourself</u>   Contractor: _____

CORONAVIRUS - (COVID-19): Protect Yourself

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.

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.

Take steps to protect others
- Stay home if you are sick, except to get medical care.

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.

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.

- **If you are NOT sick:** You do not need to wear a facemask unless you are caring for someone who is sick (and they are not able to wear a facemask). Facemasks may be in short supply and they should be saved for caregivers.

Clean and disinfect
- Clean AND disinfect frequently touched surfaces daily. This includes tables, doorknobs, light switches, countertops, handles, desks, phones, keyboards, toilets, faucets, and sinks.
- If surfaces are dirty, clean them: Use detergent or soap and water prior to disinfection.

ToolBox Talk

CORONAVIRUS - (COVID-19): Protect Your Jobsites

Supply portable washing stations or hand sanitizers for workers. Frequent hand washing is one of the best ways to protect workers from exposure. Many projects, however, have limited access to running water. Portable stations with water containers should be placed on site to allow workers to wash their hands frequently. Portable stations can be rented from local suppliers or created by workers. In areas where portable stations are not practical, supply hand sanitizer for workers. Hand sanitizers should contain at least 60% alcohol. Click here for a list of approved hand sanitizers.

Separate construction workers from occupied building workers. To reduce exposure to possibly exposed or infected persons, implement procedures for minimizing contact between workers that don't usually work together. This may be a problem for jobsites where workers are in occupied buildings. Review with workers policies to keep them safe from exposure. Some policies may include separate bathroom facilities, isolating workers lunch and break areas, and limiting interactions with building employees.

Provide training and toolbox talks for workforce. Information is the key to protecting workers. Discuss with employees the hazards associated with coronavirus. Use informational bulletins circulated by the Centers for Disease Control (CDC), the Occupational Safety and Health Administration (OSHA), and the World Health Organization (WHO). Reference information from reputable sources, as some information you may find on the internet may be misleading or wrong.

Disinfect high traffic areas frequently. For areas of high use, use disinfectants to keep areas clean. Job trailer doors and stair rails, meeting tables, and coffee stations should all be frequently cleaned using a bleach-based cleaner.

Be defensive during interactions with others. During this period of uncertainty, monitor yourself and others and pay special attention to limit social contact with others. Train yourself to not cross-contaminate or to touch your face. Share respect, not potentially harmful germs.

Implementing these measures on your jobsite may help reduce the spread of exposure to the coronavirus. Taking these actions will also reinforce to workers that measures are being taken to ensure their safety. We need to work together to reduce opportunities of exposure for all workers.

ToolBox Talk

CORONAVIRUS - (COVID-19): Know The Facts

What are the symptoms of COVID-19?
• *Symptoms for COVID-19 include fever/chills **and** shortness of breath, cough or sore throat.*

How does COVID-19 spread?
• *COVID-19 is thought to spread mainly from person to person through coughing or sneezing.*
It may also be spread when people touch something with the virus on it then touch their mouth or nose.
Symptoms usually appear 7-14 days after exposure.

Who is at higher risk for COVID-19 complications?
• *Pregnant women, and children or adults with underlying conditions such as asthma, diabetes, suppressed immune systems, heart disease, and kidney disease, are more likely to have complications.*

How severe is illness associated with COVID-19?
• *Illness has ranged from mild to severe. Most people have recovered without needing medical treatment. However, hospitalizations and deaths have occurred.*

How do I protect myself?
Practice good hygiene!
• *Avoid close contact with people who are sick.*
• *Avoid touching your eyes, nose and mouth.*
• *Stay home when you are sick.*
• *Cover your cough or sneeze with a tissue, then throw the tissue in the trash.*
• *Clean and disinfect frequently touched objects and surfaces using a regular household cleaning spray or wipe.*
• *Wash your hands often with soap and water for at least 20 seconds, especially after going to the bathroom; before eating; and after blowing your nose, coughing, or sneezing.*
- If soap and water are not readily available, use an alcohol-based hand sanitizer with at least 60% alcohol. Always wash hands with soap and water if hands are visibly dirty.

ToolBox Talk

CORONAVIRUS - (COVID-19): Know The Facts #2

What is a Coronavirus?
Coronaviruses are a family of viruses that can cause respiratory illness in people. Coronaviruses circulate among animals, including camels, cattle, cats, and bats.

How is the Novel Coronavirus, COVID-19 Different from Other Coronaviruses?
Just like there are different types of related viruses that cause smallpox, chickenpox, and monkey pox, different coronaviruses cause different diseases in people. The Severe Acute Respiratory Syndrome (SARS) coronavirus causes SARS and the Middle East Respiratory Syndrome (MERS) coronavirus causes MERS. The novel coronavirus, COVID-19 is one of seven types of known human coronaviruses. COVID-19, like the MERS and SARS coronaviruses, likely evolved from a virus previously found in animals. The remaining known coronaviruses cause a significant percentage of colds in adults and children, and these are not a serious threat for otherwise healthy adults.

What are the Signs and Symptoms of COVID-19 infection?
Patients with confirmed COVID-19 infection have reportedly had mild to severe respiratory illness with symptoms such as fever, cough, and shortness of breath.

What Should I Do if I Think I Have Been Exposed to or Infected with COVID-19?
Alert your healthcare provider immediately if you think you may be infected with COVID-19, including if you have been exposed to someone with the virus and have signs/symptoms of infection. If you are experiencing symptoms, you should tell your healthcare provider about any recent travel to areas where COVID-19 is spreading. If you believe you have been exposed on the job, alert your supervisor or occupational health clinic immediately.

How is COVID-19 Diagnosed?
Your healthcare provider can determine if your signs and symptoms are explained by other causes, or if there is reason to suspect you may have COVID-19. If laboratory testing is appropriate, your healthcare provider will work with health officials in your state, who in turn will work with CDC, to collect and test any clinical specimens for diagnosis.

How is COVID-19 Treated?
No vaccine or specific treatment for COVID-19 infection is available. Hospitals can provide supportive care for infected people. There is currently no vaccine to prevent coronavirus disease 2019 (COVID-19). The best way to prevent illness is to avoid being exposed to this virus. The following is from the Centers for Disease Control and Prevention.

The virus is thought to spread mainly from person-to-person:
• Between people who are in close contact with one another (within about 6 feet).
• 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.

Older adults and people who have severe underlying chronic medical conditions like heart or lung disease or diabetes seem to be at higher risk for developing more serious complications from COVID-19 illness.