



COVID-19

The coronavirus or COVID-19 is a respiratory illness transmitted from person to person through droplets in the air they breathe and surfaces touched. The droplets can be suspended in the air for several hours and live on surfaces for several days.

Frank's Story

Frank was working as part of a six-person crew on a job site. They were working very close to each other and sharing tools. On Wednesday, Frank woke up with a low fever. He decided to go to work anyway. During the day he began to feel worse. His employer told him to go home. Over the next few days, Frank began to have a hard time breathing. He called his doctor and was sent to have a COVID-19 test. The test came back positive and his doctor told him to let his employer know. His employer disinfected the work site and contacted the local health department for advice on whether Frank's co-workers should be told to stay at home and watch for symptoms.

- ✘ What caused this incident?
- ✘ How could it have been prevented?
- ✘ Have you known or heard of anyone who has been diagnosed with COVID-19? If so, what happened?

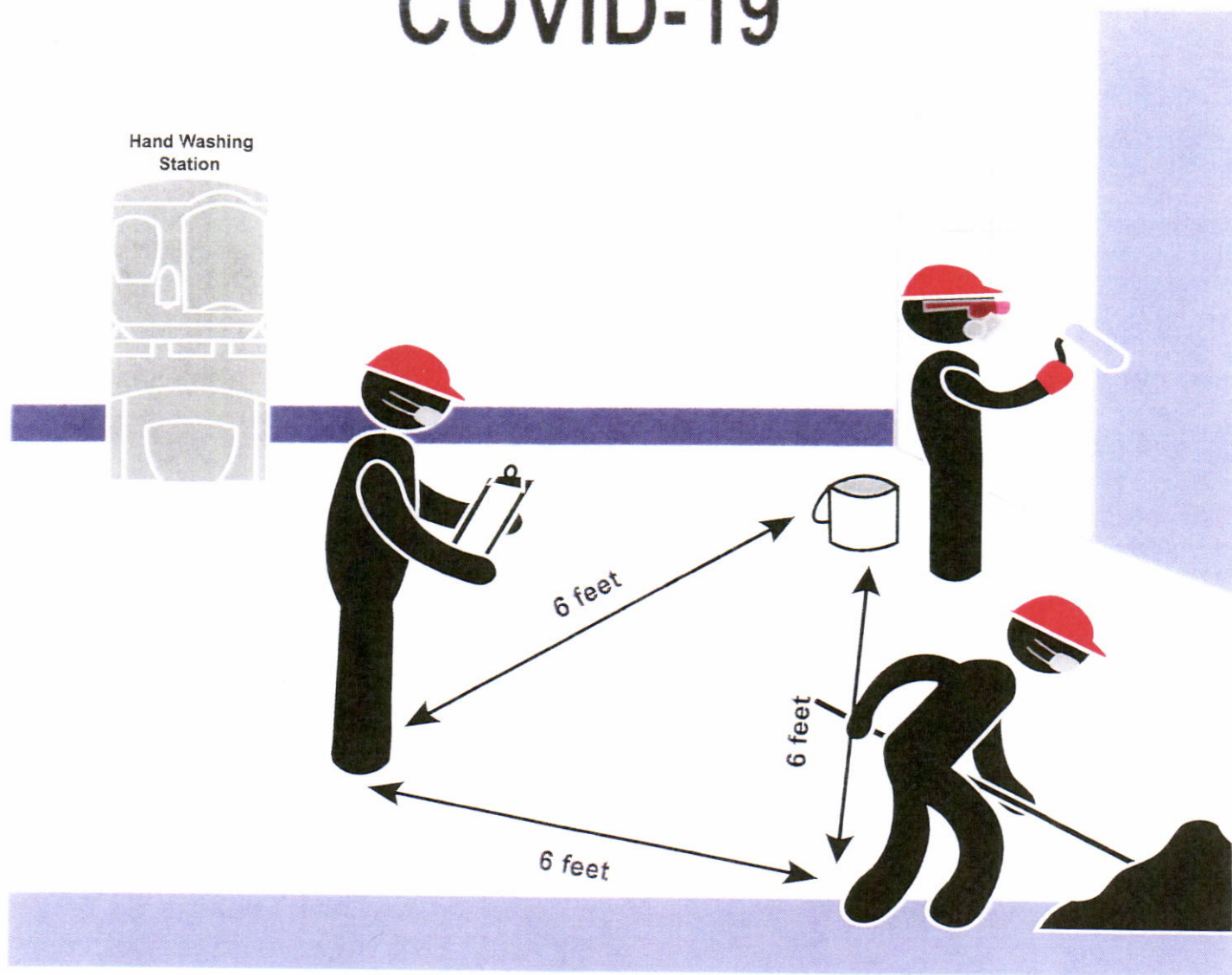
Remember This

- Do not go to work if you feel sick, have a fever, cough, or shortness of breath.
- Avoid contact with sick people.
- Do not shake hands.
- Avoid large gatherings of 10 or more people.
- Stay at least 6 feet away from others on the job site while working, during meetings, and training sessions.

- Your employer should provide you with an appropriate NIOSH approved respirator as part of their respiratory protection program if you need to perform tasks when working in close quarters. Cloth face coverings are not respirators and do not replace physical distancing or respirators. However, they can help to prevent the spread and should be used when required or recommended by state or local governments or employer.
- Cover your mouth and nose with tissues when you cough or sneeze or do so into your elbow.
- Avoid touching your eyes, nose, or mouth with unwashed hands.
- Clean your hands frequently:
 - ✓ With soap and water for at least 20 seconds or use an alcohol-based hand sanitizer with greater than 60% ethanol or 70% isopropanol if water is not available.
 - ✓ Before and after going to the bathroom, before eating, and after coughing, sneezing, or blowing your nose.
- Bring food and water bottles from home to the job site and do not share.
- Drive to worksites or parking areas by yourself—no passengers or carpooling.
- Wipe down interiors and door handles of machines or construction vehicles with disinfectant before entering.
- Wipe down tools and equipment that are shared with disinfectant before use.
- Your employer should have a COVID-19 exposure control plan and provide you with training on the hazard and what is being done to prevent exposure on the job.



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- ✘ Do not shake hands when greeting others.
- ✘ Stay at least 6 feet away from other workers.
- ✘ Cover your mouth and nose with tissues if you cough or sneeze or do so into your elbow.
- ✘ Wash your hands frequently with soap and water or an alcohol-based sanitizer with greater than 60% ethanol or 70% isopropanol if water is not available.
- ✘ Do not come to work if you feel sick, have a fever, cough or shortness of breath. Go home if you feel sick.