

The following is a brief summary of information gathered from the [World Health Organization \(WHO\)](#), the [Centers for Disease Control \(CDC\)](#) and other sources designed to assist in answering questions regarding the current pandemic. Blue underlined text are links.

## SAFETY!

A wealth of resources regularly updated: [American Society of Safety Professionals COVID-19](#).

## What We Know as of Now

Coronavirus (COVID-19) is a severe acute respiratory that can result in serious respiratory disease and death.

### **Transmission –**

Close proximity to others can result in the transmission of the virus through sneezing, coughing and talking when droplets land in the mouth and on the eyes, or are inhaled. Droplets on surfaces can also transmit the disease if a person contacts them and touches their eyes, mouth and nose.

### **Symptoms –**

[Watch for symptoms and emergency warning signs](#)

- Pay attention for potential COVID-19 symptoms including, fever, cough, chills, loss of taste or smell, and difficulty breathing\*. If you feel like you are developing symptoms, call your doctor.

\*This list is not all inclusive. Please consult your medical provider for any other symptoms that are severe or concerning.

### **Detectability of the Virus –**

It appears COVID-19 virus was detectable in aerosols for up to 3 hours and on surfaces for up to 3 days dependent upon several factors (surface type, temperature, relative humidity).

- **ADDITIONAL INFORMATION:** [National Institutes of Health](#); [New England Journal of Medicine](#)

### **Myths Busters –**

See this page from [WHO](#) to learn what is real and not real.

## OSHA / Cal/OSHA

- Enforcement Guidance: OSHA continues to bring its “relaxed” enforcement policy around coronavirus back to normal. Read it here: [Enforcement Guidance for COVID-19](#)
- The California Legislature is moving forward a bill that would require Cal/OSHA to develop and implement a COVID-19 standard. Read it here: [Cal/OSHA COVID-19 Standard](#)

### **OSHA / Cal-OSHA Recording & Reporting Requirements:**

Employers are required to record cases of COVID-19 if all of the following are met:

1. The case is a confirmed case of COVID-19
2. The case is work-related, and
3. The case involves one or more of the general recording criteria (i.e., medical treatment beyond first-aid, days away from work).

Starting 1/1/20, employers are required to call Cal/OSHA if a work-related injury is hospitalized for more than observation (the 24-hours exemption has been removed).

<https://www.dir.ca.gov/dosh/coronavirus/General-Industry.html>

<https://www.dir.ca.gov/dosh/coronavirus/Reporting-Requirements-COVID-19.html>

**What to Do:**

**At Work:**

Assess hazards to which workers may be exposed and evaluate the risk of exposure.

Select, Implement & Ensure Workers Use Controls to Prevent Exposure		Frequent Cleaning / Disinfecting of Frequently Touched Surfaces	
Social distancing	Physical barriers	Tables, countertops, desks	Doorknobs and handles
PPE (gloves, masks, etc.)	Cleaning supplies	Light switches	Toilets, faucets, sinks
Good hygiene	Frequent cleaning	Phones	Fingerprint entry systems
Increase ventilation and percent of outdoor air		Computer touch screens, mouse, keyboards	
NOTE: This list is not all inclusive		NOTE: This list is not all inclusive	

[Take Precautions.](#)

[Cloth Face Coverings](#) Designed to help slow the spread  
Mask Materials: study about [best materials to use for homemade masks.](#)

**Precautions**

1. **Sick** If you are or feeling sick, **remain at home.** Follow your medical practitioner’s advice.
2. **Suspected** If you’ve been exposed to someone confirmed with, suspected of, or has been exposed to COVID-19, contact your medical provider.
3. **Social Distancing** Ensure you follow safe distancing of 6’. No shaking hands, hugging, being in crowded places, no public gatherings.
4. **Wash or Sanitize** your hands frequently and especially after touching frequently touched surfaces or having been in public.
5. **Avoid** touching high-touch surfaces in public places (elevator buttons, door handles, handrails). Use a tissue or sleeve to cover your hand or finger if you must touch something
6. **Avoid** touching your eyes, nose, or mouth with unwashed hands.
7. **Cover** your mouth and nose with a tissue when you cough or sneeze, then throw the tissue in the trash and wash your hands.
8. **PPE** Use PPE (i.e., gloves, mask) if you have it, if it is provided to you, and if needed.

**Cleaning Hands**

1. **Wet** your hands with clean, running water (warm or cold), turn off the tap, and apply soap.
2. **Lather** your hands by rubbing them together with the soap. Lather the backs of your hands, between your fingers, and under your nails.
3. **Scrub** your hands for at least 20 seconds. Need a timer? Hum the “Happy Birthday” song from beginning to end twice.
4. **Rinse** your hands well under clean, running water.
5. **Dry** your hands using a clean towel or air dry them.

**Using Sanitizer on Hands**

**Washing** is Better Than Sanitizing.

1. **Apply** the gel product to the palm of one hand (read the label to learn the correct amount).
2. **Rub** your hands together.
3. **Rub** the gel over all the surfaces of your hands and fingers until your hands are dry. This should take around 20 seconds.

**ADDITIONAL INFORMATION:**

- [World Health Organization](#) (WHO)
- [Centers for Disease Control](#) (CDC)
- [OSHA COVID-19](#)
- [Cal/OSHA COVID-19](#)
- [OSHA Guidance on Preparing Workplaces for COVID-19](#)
- CDC Return to Work of COVID-19 Positive Employees: for [Healthcare.](#)
- [California Stay at Home Order](#)
- [COVID-19 Orders in CA](#)
- [Worldometer - US](#) (Count Map)
- [California Department of Labor](#)