

# COVID-19

Day Training

# What is COVID-19?

- Coronavirus (COVID-19) is an illness caused by a virus that can spread from person to person. The virus that causes COVID-19 is a new coronavirus that has spread throughout the world. COVID-19 symptoms can range from mild (or no symptoms) to severe illness. There is currently no cure and no vaccine to protect against COVID-19.

# COVID-19 Healthy at Work

- **DO NOT ENTER** THE PREMISES IF YOU HAVE FELT SICK IN
- THE LAST 24 HOURS
- **REMAIN SIX (6) FEET APART** WHENEVER POSSIBLE
- **WEAR A CLOTH MASK** WHENEVER YOU'RE AROUND
- OTHERS.
- **WASH HANDS** AND USE HAND SANITIZER FREQUENTLY
- **DO NOT GATHER** IN COMMON AREAS
- **CHECK YOUR TEMPERATURE** AND FOR ANY COVID-19
- SYMPTOMS DAILY AND GET TESTED IF YOU HAVE ANY SYMPTOMS
- REPORT ANY COMPLIANCE CONCERNS TO THE HEALTHY
- AT WORK OFFICER OR **(833) KYSAFER**

# Signs and Symptoms of COVID-19

- Symptoms may occur 2-14 days after exposure; however some people may not develop (but are at risk to passing the virus to someone else) symptoms:
- Fever or chills
- Cough
- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body aches
- Headache
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea

# How COVID-19 is Spread

- The virus that causes COVID-19 is thought to spread mainly from person to person, mainly through respiratory droplets produced when an infected person coughs, sneezes, or talks. These droplets can land in the mouths or noses of people who are nearby or possibly be inhaled into the lungs. Spread is more likely when people are in close contact with one another (within about 6 feet).
- COVID-19 seems to be spreading easily and sustainably in the community (“community spread”) in [many affected geographic areas](#). Community spread means people have been infected with the virus in an area, including some who are not sure how or where they became infected.

# Risks of Exposure of COVID-19

- People at increased risk for severe illness (everyone is at risk):
- Over the age of 65
- Chronic lung disease or moderate to severe asthma
- Serious heart conditions
- Immunocompromised (including cancer treatment, smoking, bone marrow or organ transplantation, immune deficiencies, poorly controlled HIV or AIDS, and prolonged use of corticosteroids and other immune weakening medications)
- Severe obesity (body mass index [BMI] of 40 or higher) (has recently been lowered to a BMI to 30).
- Diabetes
- Chronic kidney disease undergoing dialysis
- Liver disease

# Self-protection/Prevention

- The best way to protect yourself is to avoid being exposed to the virus that causes COVID-19.
  - Stay home as much as possible and avoid close contact with others.
  - Wear face covering that covers your nose in public settings, including Day Training.
- Clean and disinfect frequently touched surfaces including work area equipment and common areas at least daily and at the end of each shift. Before and after breaks. Before and after lunch. Pay special attention to countertops, tools, door knobs and computers. Cleaning is to be done using Environmental Protection Agency registered disinfectants to sanitize surfaces.
- Look over the environment to continuously be identifying opportunities for reducing the number of high touch areas.
- Wash hands often with soap and water for **at least 20 seconds**, or use an alcohol based hand sanitizer that contains at least 60% alcohol.
- Social distancing.
  - Buy groceries and medicine, go to the doctor, and complete banking activities online when possible.
  - If you must go in person, stay at least 6 feet away from others and disinfect items you must touch.
  - Get deliveries and takeout, and limit in-person contact as much as possible.

# Proper Hand Washing & Hand Sanitizer

- Wash your hands often with soap and water for **at least 20 seconds**.
- 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.
- When to wash?
  - Changing environment locations.
  - After cleaning.
  - After restroom use.
  - When preparing food or assisting with warming of food.
  - After touching frequently touched areas.
  - After blowing nose.
  - After assisting someone with ADL's.



# How to put on and take off PPE

- Wear your Face Covering Correctly
- Wash your hands before putting on your face covering
- Put it over your nose and mouth and secure it under your chin
- Try to fit it snugly against the sides of your face
- Make sure you can breathe easily
- Use the Face Covering to Protect Others
- Wear a face covering to help protect others in case you're infected but don't have symptoms
- Wear the covering in public settings when around people outside of your household, especially when other [social distancing](#) measures are difficult to maintain
- **Don't** put the covering around your neck or up on your forehead
- **Don't** touch the face covering, and, if you do, wash your hands

# How to wash Cloth Masks

- How to clean
- **Washing machine**
- You can include your face covering with your regular laundry.
- Use regular laundry detergent and the warmest appropriate water setting for the cloth used to make the face covering.
- **Washing by hand**
- Prepare a bleach solution by mixing:
  - 5 tablespoons (1/3rd cup) household bleach per gallon of room temperature water or
  - 4 teaspoons household bleach per quart of room temperature water
- Check the label to see if your bleach is intended for disinfection. Some bleach products, such as those designed for safe use on colored clothing, may not be suitable for disinfection. Ensure the bleach product is not past its expiration date. Never mix household bleach with ammonia or any other cleanser.
- Soak the face covering in the bleach solution for 5 minutes.
- Rinse thoroughly with cool or room temperature water.
- **Make sure to completely dry cloth face covering after washing.**
- How to dry
- **Dryer**
- Use the highest heat setting and leave in the dryer until completely dry.
- **Air dry**
- Lay flat and allow to completely dry. If possible, place the cloth face covering in direct sunlight.

# How to Store PPE

- Specific area that is away from harsh conditions and designated solely for storing PPE.

# Social Distancing

- Limiting face-to-face contact with others is the best way to reduce the spread of coronavirus disease 2019 (COVID-19).
- Social distancing, also called “physical distancing,” means keeping space between yourself and other people outside of your home.
- **To practice social or physical distancing stay at least 6 feet (about 2 arms’ length) from other people.**
- In addition to [everyday steps to prevent COVID-19](#), keeping space between you and others is one of the best tools we have to avoid being exposed to this virus and slowing its spread locally and across the country and world.
- Limit close contact with others outside your household in indoor and outdoor spaces. Since people can spread the virus before they know they are sick, it is important to stay away from others when possible, even if you—or they—have no symptoms. Social distancing is especially important for [people who are at higher risk](#) for severe illness from COVID-19.

# Decontamination

- Wash hands when entering & exiting environment.
- Change clothes when entering a new environment.
- Take a shower once home.

# Resources

- <https://www.cdc.gov/coronavirus/2019-ncov/index.html>
- <https://govstatus.egov.com/ky-healthy-at-work>