



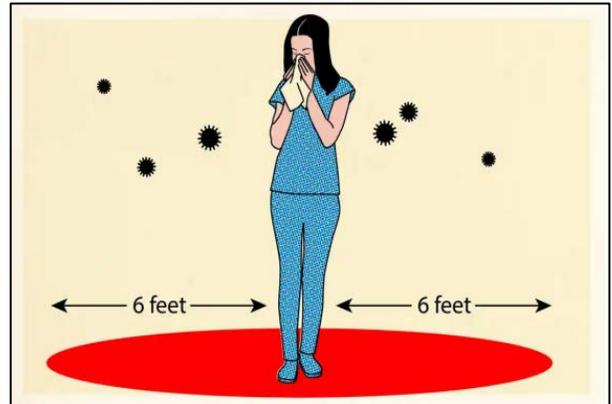
COVID-19 PREVENTION AND PROTECTION

CORONAVIRUSES (CoV)

Coronaviruses are a large family of viruses that are common in many different species of animals, including camels, cattle, cats, and bats. Rarely, animal coronaviruses can infect people and then spread between people such as with MERS, SARS, and now with COVID-19.

How Coronavirus Spreads

Most often, spread of coronavirus from person-to-person happens among close contacts (about 6 feet). Person-to-person spread is thought to occur mainly via respiratory droplets produced when an infected person coughs or sneezes, similar to how influenza and other respiratory pathogens spread. These droplets can land in the mouths or noses of people who are nearby or possibly be inhaled into the lungs. It's currently unclear if a person can get COVID-19 by touching a surface or object that has the virus on it and then touching their own mouth, nose, or possibly their eyes. Typically, with most respiratory viruses, people are thought to be most contagious when they are most symptomatic (the sickest).



Symptoms

Confirmed, reported illnesses have ranged from people with little to no symptoms to people being severely ill and dying. Symptoms are typically simple and include:

Fever

Cough

Shortness of breath/Respiratory distress

CDC believes at this time (March 2020) that symptoms of COVID-19 may appear in as few as 2 days or as long as 14 after exposure.

PREVENTION

The best way to prevent infection is to avoid being exposed. CDC recommends everyday preventive actions to help prevent the spread of respiratory viruses:

- As always, instruct employees to stay home if they are sick. In Oregon, the Oregon Sick Pay Law regulates the use of accrued sick leave.
- 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, and when returning from public places.
- 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.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Avoid close contact with people who are sick. 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.





DISINFECTION MEASURES

Disinfection: COVID-19 disinfection work requires no new skill or knowledge of qualified custodial employees.

- Cleaning chemicals used for COVID-19 virus disinfection are the same as are currently used for regular disinfection purposes.
- Using these cleaning chemicals does not require professional hazardous materials licensing; use does require normal HazCom training to ensure that: (1) hazardous materials and conditions can be recognized and safety precautions taken, and (2) necessary personal protection equipment is used and stored properly.

PROTECTION MEASURES DEPEND ON EXPOSURE RATING

There is currently no vaccine to prevent COVID-19 infection.

- Prompt identification and isolation of potentially infectious individuals is a critical step in protecting workers, customers, visitors, and others at a worksite.
- Employers should inform and encourage employees to self-monitor for signs and symptoms of COVID-19 if they suspect possible exposure.

To help employers determine appropriate precautions, OSHA has divided job tasks into four risk exposure levels: very high, high, medium, and lower risk. Most employees will likely fall in the lower exposure risk (caution) or medium exposure risk levels.

Exposure Risk	Protection Measures
Low Exposure Risk	
Lower exposure risk (caution) jobs are those that do not require contact with people known to be, or suspected of being, infected with COVID-19 nor frequent close contact with (i.e., within 6 feet of) the general public. Workers in this category have minimal occupational contact with the public and other coworkers.	Engineering controls are not recommended for workers in the lower exposure risk group. Administrative controls: ensure that workers have access to current COVID-19 information and recommendations. Additional PPE is not recommended for workers in the lower exposure risk group.
Medium Exposure Risk	
Medium exposure risk jobs include those that require frequent and/or close contact with (i.e., within 6 feet of) people who may be infected with COVID-19, but who are not known or suspected COVID-19 patients. In areas without ongoing community transmission, workers in this risk group may have frequent contact with travelers who may return from international locations with widespread COVID-19 transmission. In areas where there is ongoing community transmission, workers in this category may have contact be with the general public (e.g., in schools, high-population-density work environments, and some high-volume retail settings).	Engineering Controls Install physical barriers, such as clear plastic sneeze guards. Administrative Controls <ul style="list-style-type: none"> • Consider offering face masks to ill employees and customers to contain respiratory secretions until they are able leave the workplace. • Ask sick customers to minimize contact with workers. • Post signs about COVID-19. • Where appropriate, limit customers' and the public's access to the worksite, or restrict access to only certain workplace areas. Personal Protective Equipment (PPE) Workers with medium exposure risk may need to wear some combination of gloves, a gown, a face mask, and/or a face shield or goggles. PPE will vary by work task, the results of the employer's hazard assessment, and the types of exposures workers have on the job.

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Exposure Risk	Protection Measures
<p>Very High Exposure Risk</p> <p>Very high exposure risk jobs are those with high potential for exposure to known or suspected sources of COVID-19 during specific medical, postmortem, or laboratory procedures. Workers in this category include:</p> <ul style="list-style-type: none"> Healthcare workers (e.g., doctors, nurses, dentists, paramedics, emergency medical technicians) treating known or suspected COVID-19 patients and performing aerosol-generating procedures. Healthcare or laboratory personnel collecting or handling specimens from known or suspected COVID-19 patients. Morgue workers performing autopsies on the bodies of people who are known to have, or suspected of having, COVID-19 at the time of their death. 	<p>Engineering Controls</p> <ul style="list-style-type: none"> Ensure appropriate air-handling systems are operating in facilities. CDC recommends that COVID-19 patients be placed in an airborne infection isolation room, if available. Use isolation rooms when available for performing aerosol-generating procedures. Use special precautions associated with Biosafety Level 3 when handling specimens from known or suspected COVID-19 patients. <p>Administrative Controls</p> <p>If working in a healthcare facility, follow existing guidelines and facility standards for identifying and isolating infected individuals / protecting workers.</p> <ul style="list-style-type: none"> Implement policies that reduce exposure. Post signs instructing patients and family members to immediately report symptoms of respiratory illness on arrival at the healthcare facility and use disposable face masks. Consider enhanced medical monitoring of workers during COVID-19 outbreaks. Provide all workers with job-specific education and training. Ensure that psychological and behavioral support is available to address employee stress. <p>Personal Protective Equipment (PPE)</p> <p>Most workers at high or very high exposure risk likely need to wear gloves, a gown, a face shield or goggles, and either a face mask or a respirator, depending on their job tasks and exposure risks.</p> <p>Those who contact with work within 6 feet of patients should wear respirators.</p>
<p>High Exposure Risk</p> <p>High exposure risk jobs are those with high potential for exposure to known or suspected sources of COVID-19.</p> <ul style="list-style-type: none"> Healthcare delivery and support staff (e.g., doctors, nurses, and other hospital staff who must enter patients' rooms) exposed to known or suspected COVID-19 patients. Medical transport workers (e.g., ambulance vehicle operators) moving known or suspected COVID-19 patients in enclosed vehicles. Mortuary workers involved in preparing (e.g., for burial or cremation) bodies of people who are known to have, or suspected of having, COVID-19 at the time of death. 	

Workers Living Abroad or Travelling Internationally

Employers with workers living abroad or traveling on international business should consult the “Business Travelers” section of the OSHA COVID-19 webpage (www.osha.gov/covid-19). Also refer to other resources:

- CDC travel warnings: www.cdc.gov/coronavirus/2019-ncov/travelers
- U.S. Department of State (DOS) travel advisories: travel.state.gov

As COVID-19 outbreak conditions change, travel into or out of a country may not be possible, safe, or medically advisable. It is also likely that governments will respond to a COVID-19 outbreak by imposing public health measures that restrict domestic and international movement, further limiting the U.S. government’s ability to assist Americans in these countries. It is important that employers and workers plan appropriately, as it is possible that these measures will be implemented very quickly in the event of worsening outbreak conditions in certain areas.

