

# 2019 Novel Coronavirus (COVID-19) Information



## What is COVID-19?

- ☐ COVID-19 is a virus that belongs to the Coronaviruses “family” of viruses.
- ☐ These types of viruses cause flu symptoms and respiratory issues that typically are resolved by body’s immune system.
- ☐ There have been other serious Coronaviruses in the past.

## Symptoms

- ☐ Fever
- ☐ Headache
- ☐ Cough
- ☐ Shortness of breath
- ☐ Chest Pain
- ☐ Body Aches
- ☐ Fatigue

## Action to take if you, or someone you know, has symptoms.

- Consult a medical professional by phone for advice. This will help to limit the spread of the virus.
- Persons that have fever and/or respiratory issues such as cough should not come to work until they are feeling better.

## Emergency Situations

### Emergency care should be sought for the following symptoms

- Difficulty with breathing or feeling short of breath.
- Chest pain or abdominal pain.
- Signs of dehydration (Dizziness when standing or lack of urinating)
- Confusion
- Significant worsening of other medical conditions such as diabetes, emphysema or asthma.

## General Preventative Measures

- Wash hands often with soap and water.
- Ensure that surfaces are cleaned on a frequent basis.
- Limit touching your eyes, nose and mouth with your hands.
- Avoid sharing personal items such as gloves, phones, etc.

Additional and updated information about COVID-19 is available through [www.cdc.gov](http://www.cdc.gov) and [www.osha.gov](http://www.osha.gov)

Scan the links below with your device to learn more.

OSHA QR LINK



CDC QR LINK

