COVID-19 TOOLBOX TALK

What are the symptoms of COVID-19?

Symptoms for COVID-19 include fever/chills and shortness of breath, cough or sore throat.

How does COVID-19 spread?

COVID-19 is thought to spread mainly from person to person through coughing or sneezing. It may also be spread when people touch something with the virus on it then touch their mouth or nose. Symptoms usually appear 7-14 days after exposure.

What are the best practices for protecting yourself on the jobsite?

- **Stay Home When You Are Sick** – It is important that if you are experiencing any of the symptoms listed above that you notify your supervisor immediately. Workers should also stay at home of they have been exposed to someone with COVID-19. If you notice that a fellow worker is experience these symptoms – report it! We all need to work together to help slow the spread.
- **Wash Your Hands** – Increase the frequency that you wash your hands especially after using the restroom, before and after eating, and after blowing your nose, coughing or sneezing. Use soap and water for at least 20 seconds and use disposable towels to dry your hands. For sanitizer, use an alcohol-based hand sanitizer that contains at least 60-95% alcohol.
- **Practice Proper Social Distancing** – Do not gather in groups over 10 people and keep a minimum of 6 feet distance between other persons. Do not eat lunch or take breaks indoors with other people – try to remain outdoors. Cover your cough and sneeze with a Kleenex or on the inside of your elbow.
- **Keep the Jobsite Clean** – Ensure you are properly using PPE. Wipe down common areas including office desks, tools, doorknobs. Sanitize all tools, equipment and reusable PPE. When you leave the jobsite, be mindful of tracking pathogens into the home via shoes and clothing. Do not shake out clothes and wash them separately in warm water with a sanitizing detergent.

DO NOT SHARE

- Tools
- Water coolers or water bottles
- Hand towels at hand washing stations

- Food/Lunches
- Personal Protection Equipment (PPE)

RESOURCES
- CDC Flyer – What You Need to Know About COVID-19 [English] [Spanish]
- CDC Poster – Stop the Spread of Germs [English] [Spanish]