

COVID-19 in the Workplace: Prevention Is Key

The new coronavirus, COVID-19, is a contagious disease that can be spread just like the common cold or the flu. When it comes to preventing the spread of illness in the workplace, a little bit of preparation goes a long way.

Know the Signs and Symptoms

The symptoms of COVID-19 are very similar to the common cold or the flu. They can occur 2-14 days after exposure, and may include:



Fever



Cough



Shortness of Breath

If you are exhibiting symptoms or are concerned that you may have contracted COVID-19, immediately contact your local health professional over the phone or through a tele-medicine provider and limit contact with others.

Tips to Share With Employees: Habits to Protect Yourself (And Others) From Illness

1. Wash your hands often — and for at least 20 seconds — with soap and water. An alcohol-based sanitizer with at least 60% alcohol can help in the absence of soap and water.
2. Avoid touching your eyes, nose, and mouth with unwashed hands.
3. Stay home when you're sick.
4. Cover your mouth when you cough, or sneeze into a tissue and throw the tissue in the trash.
5. Clean and disinfect frequently touched objects and surfaces such as television remotes, mobile phones, earphones, desk surfaces and your computer mouse, door handles and knobs.
6. Focus on daily self-care habits to support a healthy immune system:
 - Eat a balanced diet
 - Get adequate sleep
 - Maintain an exercise routine
 - Manage stress
 - Minimize alcohol consumption