

Weekly Safety Training Topic

No. 2018

The Builders'
ASSOCIATION

SAFETY, HEALTH & ENVIRONMENTAL SERVICES | www.buildersassociation.com | Telephone 816.595.4158

COMPANY NAME: _____

GIVEN BY: _____

LOCATION: _____

DATE: _____

CORONAVIRUS DISEASE 2019 (COVID-19)

According to the Centers for Disease Control and Prevention (CDC) there is currently no vaccine to prevent Coronavirus Disease 2019 (COVID-19). **The best way to prevent illness is to avoid being exposed to this virus.**

The virus is thought to spread mainly from person-to-person.

- Between people who are in close contact with one another (within about 6 feet).
- Through respiratory droplets produced when an infected person coughs or sneezes. These droplets can land in the mouths or noses of people who are nearby or possibly be inhaled into the lungs.

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.

Who is at higher risk for COVID-19 complications?

- Pregnant women, and children or adults with underlying conditions such as asthma, diabetes, suppressed immune systems, heart disease, and kidney disease, are more likely to have complications.

How severe is illness associated with COVID-19?

- Illness has ranged from mild to severe. Most people have recovered without needing medical treatment. However, hospitalizations and deaths have occurred.

Take steps to protect others

- **Stay home** if you are sick, except to get medical care. Learn what to do if you are sick.

- **Cover your mouth and nose** with a tissue when you cough or sneeze or use the inside of your elbow.
- **Throw used tissues** in the trash.
- Immediately **wash your hands** with soap and water for at least 20 seconds. If soap and water are not readily available, clean your hands with a hand sanitizer that contains at least 60% alcohol.
- **If you are sick:** You should wear a facemask when you are around other people (e.g., sharing a room or vehicle) and before you enter a healthcare provider’s office. If you are not able to wear a facemask (for example, because it causes trouble breathing), then you should do your best to cover your coughs and sneezes, and people who are caring for you should wear a facemask if they enter your room. [Learn what to do if you are sick.](#)
- **If you are NOT sick:** You do not need to wear a facemask unless you are caring for someone who is sick (and they are not able to wear a facemask). Facemasks may be in short supply and they should be saved for caregivers.
- **Clean and disinfect frequently touched surfaces daily.** This includes, however not limited to, tables, doorknobs, light switches, countertops, handles, desks, phones, keyboards, toilets, faucets, sinks, gang boxes, shared tools and equipment.
- **If surfaces are dirty, clean them:** Use detergent or soap and water prior to disinfection.

Sign In Sheet (PLEASE PRINT)

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