AGC of Washington Weekly *Toolbox Talk* Safety Meeting

COVID-19 (Corona Virus) Contingency

Date _____ Jobsite _____ Discussion Leader _____

Attendance Sign- In:

_____

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.*

How do I protect myself?

Practice good hygiene!

- *Avoid close contact with people who are sick.*
- *Avoid touching your eyes, nose and mouth.*
- *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.*
- *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.*
  - *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*

Stigma hurts everyone by creating more fear or anger toward ordinary people instead of the disease that is causing the problem. We can fight stigma and avoid hurting others by providing social support. We can communicate the facts that being Chinese or Asian-American *does not increase the chance of getting or spreading COVID-19*.

Other safety topics discussed: _____