

**We are Safer TOGETHER..**  
working smart and staying healthy!



# WHAT YOU NEED TO KNOW ABOUT COVID-19

## WHAT IS COVID-19?

Coronavirus disease (COVID-19) is an infectious disease caused by a newly discovered coronavirus.

Most people infected with the COVID-19 virus will experience **mild to moderate respiratory illness** and recover without requiring special treatment. Older people, and those with underlying medical problems like cardiovascular disease, diabetes, chronic respiratory disease, and cancer are more likely to develop serious illness.



It typically spreads through people who are in close contact with each other (**within 6 feet**) through respiratory droplets or small particles produced when an infected person sneezes, coughs, talks, or breathes.

## PROTECTING YOURSELF & OTHERS

- Wash your hands regularly or use hand sanitizer containing at least 60% alcohol.
- Wear a face covering when you cannot maintain at least 6 feet distance.
- Avoid touching your face.
- Cover your mouth and nose when coughing or sneezing.
- Stay home if you feel unwell.
- Follow PPE guidelines on your assignment.
- Clean and disinfect your workstation and high touch surfaces frequently.
- Contact your supervisor at your local branch if you feel unsafe.



## WHAT ARE THE SYMPTOMS?



### Most Common:

- Fever
- Chills
- Dry Cough
- Fatigue

### Less Common:

- Muscle or body aches
- Sore throat
- Diarrhea
- Nausea or vomiting
- Congestion or runny nose
- Headache
- New loss of taste
- New loss of smell

### Serious Symptoms:

- Shortness of breath
- Difficulty breathing
- Chest pain or pressure
- Loss of speech or movement

Perform self-screening checks prior to reporting to work.

Contact your on-site supervisor or branch office if you experience any of the above symptoms.

**Do not report to work!**

## BETTER PREPARE YOURSELF



- Do not report to work if you have had a positive test or are experiencing COVID-19 symptoms.
- You may be asked COVID-19 related health questions and be subject to temperature screening as you report to work.
- If you are experiencing symptoms of COVID-19, have tested positive, or have been exposed to others who have tested positive in the 14-day period prior to your exposure to such individuals, notify your supervisor and branch office.
- If you feel you may have been exposed to COVID -19, but you have been fully vaccinated, please contact your branch or on-site supervisor.
- You should also contact your health care provider to arrange appropriate testing and/or treatment.



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