

## What is COVID 19

The intent of this meeting is to provide a supplemental toolbox to increase employee knowledge about the hazards of COVID 19 that might be present during work hours. This meeting should not take the place of a scheduled weekly corporate toolbox talk but should be done in addition. At the conclusion of the talk ask the attendees for their input, note any site-specific items needing to be addressed and **distribute the Helix finding care information** sheet. The sign in sheet must be dated and you as the instructor must sign on the line indicated.

**Helix has created a COVID 19 finding care document, distribute to all employees. This document is available in Spanish and English, know your audience.**

### What Is Coronavirus Disease 2019 or COVID-19?

Coronavirus Disease 2019 or COVID-19 is disease caused by a coronavirus. Coronavirus is a common virus that can cause what doctors call a respiratory tract infection. It can affect your upper respiratory tract (sinuses, nose, and throat) or lower respiratory tract (windpipe and lungs). Almost everyone gets a coronavirus infection at least once in their life, most likely as a young child. **Most coronaviruses aren't dangerous.**

In early 2020, following a December 2019 outbreak in China, the World Health Organization identified a new type of coronavirus. This is the virus that causes COVID-19.

The outbreak quickly spread around the world. It spreads the same way other coronaviruses do, through person-to-person contact. Infections range from mild to serious.

### What Are the Symptoms of COVID-19?

- Fever
- Cough
- Shortness of breath

Early symptoms are much like those of the common cold. But the virus can lead to pneumonia, respiratory failure and, in some cases, septic shock.

If you're exposed and infected, symptoms can show up in as few as 2 days or as many as 14. It varies from person to person.

### How Do You Know if it's COVID-19, a Cold, or the Flu?

You cannot know, only a medical test can confirm COVID 19.

If you are feeling any of the symptoms listed above, **STAY HOME DO NOT COME TO WORK.**

### How Does this New strain of Coronavirus Spread?

The virus mainly spreads from person to person.

Most of the time it spreads when a sick person coughs or sneezes. They can spray droplets as far as **6 feet away.** If you breathe them in or swallow them, the virus can get into your body. Some people have spread the new virus without being sick, showing or feeling symptoms described, but that's less common.

You can also get the virus from touching a surface or object the virus is on, then touching your mouth, nose, or possibly your eyes.

### What Is Community Spread?

Doctors and health officials use this term when they don't know the source of the infection. With COVID-19, it usually refers to someone who gets the virus even though they haven't been out of the country or haven't been exposed to someone who's traveled abroad or who has COVID-19.

### **How Fast Is COVID-19 Spreading?**

As reported on media, the number of people infected by COVID-19 changes every day. No one knows the infection rate of this disease, if you are feeling symptoms, **STAY HOME - DO NOT COME TO WORK OR EXPOSE OTHERS SELF- QUARANTINE.**

### **How do I prevent the spread of COVID-19?**

- Coronaviruses can live on surfaces up to 2-3 days. When the virus gets on your hands it then has a route to get to your eyes, nose, or mouth.
- Wash your hands often for at least 20 seconds, using soap and water. If soap and water is not available, then clean your hands with an alcohol-based sanitizer containing at least 70% alcohol.
- Don't touch your face with unwashed hands.
- Employees Showing Symptoms, Go Home: Be aware of your coworkers' appearance and behavior. Encourage coworkers who may start showing symptoms during the workday (coughing, fever or shortness of breath) to report immediately and go home.
- Social Distancing On Jobsites: All sites must implement social distancing. This means deliberately increasing the physical space between people by 6 feet or more. Please conduct Tool Box Talks in open areas where employees can spread out, this may mean holding multiple meetings. Employees in trailers must also create space between each other. You can also create distance by staggering crew start and stop times. Take the stairs rather than getting closed in the small space of the elevator.
- Avoid Sharing Tools & Instruments: For example, sites often pass around a sign-in sheet and pen after a safety talk. Use a process that does not require communal use of a clipboard and pen. Have a supply of sanitizing wipes available where tools are shared.
- Limit the sharing of PPE: PPE items we currently share arc flash suit, fall pro harness/lanyard, goggles and face shields. Ask yourself, is this PPE a community item?
- Training: In an effort to comply with social distancing recommendations and to limit the potential spread of COVID 19, Helix has decided to temporarily suspend in-person training for the next 30 days.
- There's no need to wear a face mask unless your doctor tells you to. You will need one if you've been exposed to or have COVID-19 or if you're a health care worker or caring for someone who has COVID 19.

### **What Is the Treatment for COVID-19?**

There's no specific treatment for COVID-19. People who get it need care to ease their symptoms, like rest, fluids, and fever control. Those with severe cases need to be cared for in the hospital.

### **What's the Outlook for People With COVID-19?**

Every case is different. You may have mild, flu-like symptoms for a few days after exposure, then get better. But some cases can be severe or fatal.

### **Who Gets It?**

Anyone can get it, and most infections are usually mild, especially in children and young adults. Older people and those with weakened immune systems or medical conditions like chronic bronchitis, emphysema, high blood pressure, heart disease, lung disease, cancer, or diabetes are most likely to get a serious illness.

### **What to Do if You Think You Have COVID-19**

- **If you don't feel well, stay home.** Even if you have mild symptoms like a headache and runny nose, stay in until you're better. This lets doctors focus on people who are more seriously ill and protects health care workers and people you might meet along the way.
- **Notify Your Supervisor:** Inform your supervisor that you are not feeling well and will be staying at home.