



Safety Notice

CORONAVIRUS 2019-nCov

Coronaviruses are a family of viruses that cause a range of illnesses from the common cold to more severe diseases. The 2019-nCov was recently identified as the cause of various respiratory illnesses. Coronaviruses are often transmitted via respiratory droplets produced when an infected person coughs or sneezes, similar to influenza.

Symptoms of Coronavirus

The main symptoms of coronavirus resemble those of a bad cold or the flu, which can make detection difficult. They can include: fever, cough and/or shortness of breath.

Prevention

- **Wash your hands routinely!** - Wash frequently, especially after coughing, sneezing or blowing your nose. Wash hands with soap and water for at least 20 seconds. If soap and water are not available, use an alcohol-based hand sanitizer.
- **Cover your coughs and sneezes!** - Use a tissue, or cough and sneeze into your upper sleeve.
- **Clean commonly touched surfaces!** - Disinfect items and equipment. (i.e. - phones, computers, radios, wheelhouse controls, handrails, tables, countertops, door handles, etc.)
- **Avoid Contact!** - Try to not come in close contact with coworkers and others who may be ill.

Reduce your risk of coronavirus infection:



Clean hands with soap and water or alcohol-based hand rub

Cover nose and mouth when coughing and sneezing with tissue or flexed elbow



Avoid close contact with anyone with cold or flu-like symptoms

Thoroughly cook meat and eggs



No unprotected contact with live wild or farm animals



World Health Organization

- **Avoid touching your nose, mouth and eyes!**

What do I do if I think I have a coronavirus?

- **Stay away!** - While sick, limit contact with others as much as possible to keep from infecting them. *If possible, stay home!*
- **See a doctor!** - If you are in a high risk group (young children, people 65 and older, pregnant women and people with certain medical conditions) or are very sick or worried about your illness, contact your health care provider.
- **Continue with Prevention Steps Above!**