



# PREVENT TRANSMISSION OF COVID-19

Today's Date: \_\_\_\_\_

Disclaimer: This publication is designed to provide accurate and authoritative information in regard to the subject matter covered. However, it is to be used for reference purposes only and is not intended to cover all aspects of the topic presented.

Coronavirus (COVID-19) is an illness caused by a virus that can spread from person to person. The virus that causes COVID-19 is a new coronavirus that has spread throughout the world. COVID-19 symptoms can range from mild (or no symptoms) to severe illness.

## How it Spreads

- You can become infected by coming into close contact (about 6 feet or two arm lengths) with a person who has COVID-19.
- COVID-19 is primarily spread from person to person.
- You can become infected from respiratory droplets when an infected person coughs, sneezes, or talks.
- You may also be able to get it by touching a surface or object that has the virus on it, and then by touching your mouth, nose, or eyes.

### How long can Coronavirus Survive on Surfaces?

- Glass – 5 days
- Wood – 4 days
- Plastic & stainless-steel – 3 days
- Cardboard – 24 hours
- Copper surfaces – 4 hours

## General Safety

- Avoid large gatherings of 10 or more.
- Do not shake hands when greeting others.
- Stay at least 6 feet away from others workers.
- Cover your mouth and nose with tissues if you cough or sneeze or do so into your elbow.
- Wash your hands frequently with soap and water or an alcohol-based sanitizer with greater than 60% ethanol or 70% isopropanol if water is not available.

## During Your Shift

- Do not come to work if you feel sick, have a fever, cough, or shortness of breath.
- Go home if you feel sick.
- Stay at least 6 feet away from workers.
- Do not congregate near job trailers, gang boxes, or break areas.
- Bring food and water bottles from home to the job site and do not share.
- Drive to worksites or parking areas by yourself—no passengers or carpooling.
- Wipe down interiors and door handles of machines or construction vehicles with disinfectant before entering and exiting.
- Wipe down tools and equipment that are shared with disinfectant before use.

**Attended By:**