



RISK ADMINISTRATION SERVICES, INC.

July 1, 2020

## CORONAVIRUS DISEASE 2019 (COVID-19) GENERAL OVERVIEW

### Outline

1. What is Coronavirus Disease 2019, also known as COVID-19?
2. How Does COVID-19 Spread?
3. Symptoms of COVID-19
4. Steps to Prevent Illness
5. What to Do if You are Sick
6. Environmental Cleaning and Disinfection Recommendations

### 1. What is Coronavirus Disease 2019, also known as COVID-19?

<https://www.cdc.gov/coronavirus/2019-ncov/index.html>

- a. COVID-19 is a novel (new) outbreak of a respiratory infection which originated from Wuhan, China and has been described as a global pandemic by the World Health Organization (WHO).
- b. It is caused by a virus named 'SARS-CoV-2'.
- c. The global spread of this pandemic can be tracked using the following links:
  - a. [WHO COVID -19 situation update](#)
  - b. [Johns Hopkins Live Interactive Map](#)

### 2. How does COVID-19 spread?

<https://www.cdc.gov/coronavirus/2019-ncov/about/transmission.html>

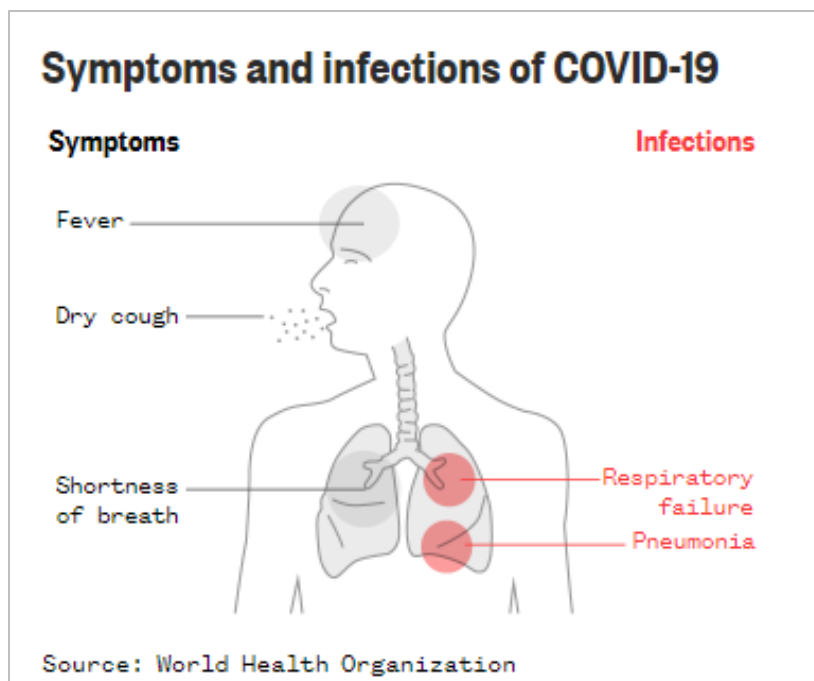
- a. The SARS-CoV-2 virus is found in animals like cats, horses, bats, and are believed to have subsequently spread to human beings as a zoonotic infection.
- b. Human infection is through respiratory droplets which are spread by person-to-person transmission involving:
  - i. People in close contacts with exposed individuals (within 6 feet).
  - ii. When an infected person coughs or sneezes.
  - iii. A person may also get the disease by touching any surfaces that are contaminated with the virus and then touching their mouth, nose, or eyes.
- c. The COVID-19 virus is highly contagious (easily spreads) and its spread is usually sustained in a community, especially in gatherings involving a lot of people.

### 3. Symptoms of COVID-19

<https://covid19.who.int/>

<https://www.cdc.gov/coronavirus/2019-ncov/about/symptoms.html>

- a. Symptoms may appear from 2-14 days after exposures.
- b. The symptoms may vary from mild to severe illnesses and even death.
- c. The following categories of people are more susceptible to the disease:
  - i. Older adults.
  - ii. People with severe underlying chronic medical conditions like heart disease, lung disease, or diabetes.
- d. Most common cases are mild with the following symptoms:
  - i. Fever
  - ii. Cough
  - iii. Shortness of breath
  - iv. Difficulty in breathing
- e. In severe cases, patients may develop the following:
  - i. Pneumonia
  - ii. Respiratory failure
  - iii. Severe acute respiratory syndrome
  - iv. Kidney failure
  - v. Death



#### 4. Steps to Prevent Illness

<https://www.cdc.gov/coronavirus/2019-ncov/about/prevention.html>

- a. The best way to prevent illness is to avoid being exposed to the virus!
- b. Steps to protect yourself from being exposed to the virus include:
  - i. Clean your hands as many times as possible by:
    - 1) Washing with soap and running water for up to 20 seconds.
    - 2) Use hand sanitizers that contain up to 60% alcohol, if soap and water are not readily available.
    - 3) Avoid touching your eyes, nose, and mouth with unwashed hands.
  - ii. Avoid close contact with sick people.
  - iii. Maintain a safe distance between yourself and other people, especially if COVID-19 is spreading in a community.
- c. Steps to protect others:
  - i. Stay at home if you are sick.
  - ii. Cover your mouth and nose or use the inside of your elbow when you cough or sneeze.
  - iii. Throw away used tissues in the trash.
  - iv. Immediately wash your hands with soap and water for at least 20 seconds.
  - v. If you are sick and are around other people, wear a facemask.
  - vi. If you are not sick, you do not need to wear a facemask except when caring for a sick person who cannot wear a facemask for health reasons!
  - vii. Clean and disinfect surfaces that you frequently touch, using:
    - 1) Diluted bleach (1/3 cup of bleach per gallon of water).
    - 2) Alcohol solutions – at least 70%.
    - 3) Other EPA-approved household disinfectants.

#### 5. What to Do if You are Sick

<https://www.cdc.gov/coronavirus/2019-ncov/about/steps-when-sick.html>

- a. Call your doctor if you develop symptoms and call the clinic ahead prior to your visit.
- b. If you are exposed or mildly ill, stay at home, avoid public areas, and avoid public transportations of all types.
- c. Stay away from others and avoid/limit contacts with animals and pets.
- d. Wear a facemask if you are sick or if you are caring for someone who is sick but is unable to wear facemask.

- e. Cover your cough or sneezes, dispose used tissues, and wash your hands with soap and water for up to 20 seconds. Use alcohol-based hand sanitizers that contain at least 60% alcohol if soap and water are not available.
- f. Avoid touching your eyes, nose, and mouth with unwashed hands.
- g. Avoid sharing personal household items like dishes, drinking glasses, cups, eating utensils, towels, or bedding with other people or pets.
- h. Clean and disinfect all 'high-touch' surfaces like counters, doorknobs, bathroom fixtures, phones, keyboards, tablets, tabletops, and bedside tables with household disinfectants.
- i. Continue to stay at home until you are instructed otherwise after consultations with healthcare providers.

## 6. Environmental Cleaning and Disinfection Recommendations

<https://www.cdc.gov/coronavirus/2019-ncov/community/organizations/cleaning-disinfection.html>

- a. Surfaces
  - i. Clean using a detergent or soap and water prior to disinfection.
  - ii. For disinfection, diluted household bleach solutions, alcohol solutions with at least 70% alcohol, and most common EPA-registered household disinfectants should be effective.
    - 1) Follow manufacturer's instructions for application and proper ventilation.
  - iii. For linens, clothing, and other items that go into the laundry:
    - 1) Do not shake to minimize the possibility of dispersing virus through the air.
    - 2) Launder items using the warmest appropriate water setting for the items and dry the items completely.
    - 3) Clean and disinfect hampers or other carts for transporting laundry.
- b. Personal Protective Equipment (PPE) and hand hygiene.
  - i. Cleaning staff should wear appropriate disposable PPE for all tasks.
  - ii. Gloves and gowns should be removed immediately after cleaning a room so as not to contaminate the wearer.
  - iii. Cleaning staff should report breaches in PPE immediately.
  - iv. Cleaning staff and others should perform hand washing with soap and running water as often as possible.
- c. Practice universal precaution while at work
  - i. Practice normal prevention actions while at work and home including cleaning your hands as often as possible.
  - ii. Avoid touching eyes, nose, or mouth with unwashed hands.
  - iii. All employees must ensure their hands are cleaned after:
    - 1) Blowing one's nose, coughing, or sneezing.

- 2) Using the restroom.
- 3) Before preparing or eating food.
- 4) After contact with animals or pets.
- 5) Before and after providing routine care for another person who needs assistance.

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