Coronavirus Guidance

Introduction:

It is unfathomable how life has changed in the past three weeks. Sports leagues have suspended their seasons, NCAA Basketball Tournaments, known as “March Madness” have been canceled, colleges have shut down and canceled the remainder of the school year, and students have moved out of dorm rooms and are back home. Families have been ordered by state governments to stay at home and shelter in place. Non-essential businesses have been told to shut down, with people working from their living rooms, to reduce the spread of Coronavirus (COVID-19). What is COVID-19? COVID-19 is an infectious disease caused by a new virus that causes a respiratory illness that spreads through contact with an infected person. When a person infected with the disease coughs or sneezes, tiny droplets become airborne, and the virus spreads when another person touches an object or surface that has the virus on it, then touches their eyes, nose, or mouth.

Discussion Points:

- What is Coronavirus (COVID-19)
- Protecting Yourself – Follow CDC Guidelines
- Symptoms of COVID-19
- Communication with coworkers and customers
- Resources: cdc.gov , www.who.int, osha.gov, ehsdailyadvisor.blr.com

Discussion:

You can protect yourself by washing your hands with soap and water for 20 seconds or by using an alcohol-based antiviral hand sanitizer. Cover your cough and sneeze with the inside of your flexed elbow or use a tissue, then throw the tissue away and immediately wash your hands. Avoid contact with people who are not feeling well, and stay at home. 2 to 14 days after exposure to the virus, a person may start to show symptoms that range from mild to severe depending on their health and immunity to the disease. The symptoms include a fever, sore throat, cough, and shortness of breath. If you experience any of these symptoms with an elevated fever, contact your physician. If you must leave your home, practice “social distancing”, put a distance of 6 feet between yourself and other people. Follow the advice of your local health officials and state government.

During this time as people work from home, team members and customers can communicate by using Zoom, Skype, FaceTime, or Facebook groups.

We at eComply® and James Environmental would like you to know we are here for you!

As always, stay safe out there!