

Covid-19

CDC Prevention and Control

What is Covid-19?

- Coronaviruses are a large family of viruses which may cause illness in animals or humans.
- In humans, several coronaviruses are known to cause respiratory infections ranging from the common cold to more severe diseases such as Middle East Respiratory Syndrome (MERS) and Severe Acute Respiratory Syndrome (SARS).
- The most recently discovered coronavirus causes coronavirus disease COVID-19.

How it spreads?

1. Person-to-person - The virus is thought to spread mainly from person-to-person.
 - Between people who are in close contact with one another (within about 6 feet)
 - Through respiratory droplets produced when an infected person coughs or sneezes.
 - Most contagious when people are most symptomatic (the sickest).
2. Contact with infected surfaces or objects
 - It may be possible that a person can get COVID-19 by touching a surface or object that has the virus on it and then touching their own mouth, nose, or possibly their eyes.

What are the Symptoms?

After 2-14 days of an exposure, the most common symptoms of Covid-19 are:

- Fever, tiredness, and dry cough. Some patients may have aches and pains, nasal congestion, runny nose, sore throat or diarrhea. These symptoms are usually mild and begin gradually. Some people become infected but don't develop any symptoms and don't feel unwell
- Most people (about 80%) recover from the disease without needing special treatment.
- Older people, and those with underlying medical problems like high blood pressure, heart problems or diabetes, are more likely to develop serious illness.
- People with fever, cough and difficulty breathing should seek medical attention.

Prevention and Treatment

- Avoid close contact with people who are sick.
- Avoid touching your eyes, nose, and mouth.
- Stay home when you are sick.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash.
- Clean and disinfect frequently touched objects and surfaces using a regular household cleaning spray or wipe.

OSHA Covid-19 Guidelines

Recording workplace exposures to COVID-19

- OSHA recordkeeping requirements [29 CFR Part 1904](#) mandates that covered employers record certain work-related injuries and illnesses on their OSHA 300 log.
- While [29 CFR 1904.5\(b\)\(2\)\(viii\)](#) exempts recording of the common cold and flu, **COVID-19 is a recordable illness** when a worker is infected on the job.
- Visit OSHA's [Injury and Illness Recordkeeping and Reporting Requirements page](#) for more information.

CDC Fact Sheets

- <https://www.cdc.gov/coronavirus/2019-ncov/about/share-facts-h.pdf>
- <https://www.cdc.gov/coronavirus/2019-ncov/downloads/2019-ncov-factsheet.pdf>
- <https://www.cdc.gov/coronavirus/2019-ncov/downloads/sick-with-2019-nCoV-fact-sheet.pdf>
- <https://www.cdc.gov/coronavirus/2019-ncov/downloads/stop-the-spread-of-germs.pdf>
- <https://www.cdc.gov/handwashing/pdf/Handwashing-Middle-School-8x11-p.pdf>
- <https://www.cdc.gov/handwashing/pdf/Handwashing-Middle-School-SPANISH-8x11-p.pdf>