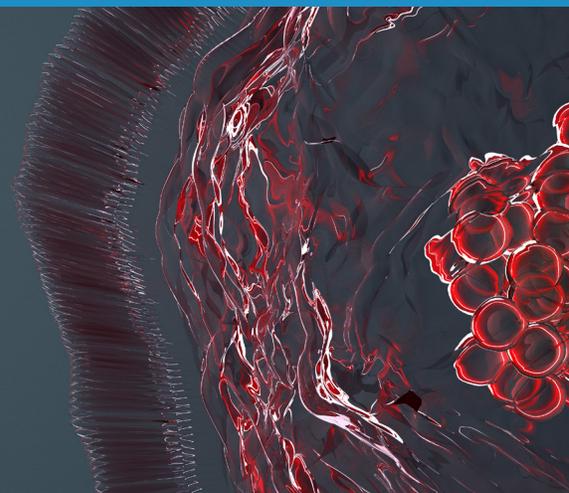


# COVID-19

## For Employees: Answers to Frequently Asked Questions

# coronavirus



**Q: *What is COVID-19?***

A: COVID-19 is the disease caused by a new coronavirus that emerged in China in December 2019. The virus is named SARS-CoV-2.

**Q: *What are my chances of getting COVID-19?***

A: Your exposure risk and whether you will develop symptoms depends on several factors. They include where you live; how diligent you are about following exposure prevention recommendations; recent travel destinations; your age (older people are more susceptible); encounters you may have had with someone who suspects exposure or tested positive for COVID-19; and whether you have underlying medical conditions such as asthma, diabetes, cardiovascular disorders or a suppressed immune system.

**Q: *What are the most common symptoms of COVID-19 and how are they managed?***

A: Symptoms include fever above 100.4°F, cough and shortness of breath. Other symptoms may include sore throat, fatigue, headache, body aches and gastrointestinal upset. Over-the-counter medications and resting at home may be used to help relieve symptoms. Severe respiratory distress requires hospitalization. Care is supportive.

**Q: *What should I be doing to protect myself and others?***

A: Infected droplets expelled by sneezing or coughing are the primary routes of transmission. 1) Frequently wash your hands with soap and water for 20 seconds, dry them with a paper towel and throw the towel away. If water is not available, use hand sanitizer. 2) Cover coughs and sneezes with tissues and throw the tissues away. 3) Disinfect surfaces and shared objects. 4) Practice social distancing – at least 6 feet is recommended. 5) Follow recommendations of public health and government officials. Most jurisdictions are adopting strict guidelines limiting access to non-essential services and communal settings. 6) Self-quarantine for 14 days if you've been exposed, have risk factors or don't feel well. Call your medical provider for recommendations.

**Q: *Can I be contagious if I don't have symptoms?***

A: Yes. Experience to date shows that some people with mild or no symptoms spread the virus without being aware they are contagious. COVID-19 is confirmed with a lab test.

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**Q: *How long does the virus live in the environment?***

A: The virus is stable for several hours to days in aerosols and on surfaces. According to a study published in *The New England Journal of Medicine*, the virus was detectable for up to three hours in aerosols, four hours on copper, 24 hours on cardboard, and up to two to three days on plastic and stainless steel.

**Q: *What is the best way to disinfect surfaces and objects?***

A: For hard surfaces like tabletops, doorknobs, countertops, sinks and glass, use disinfecting wipes or solutions that contain at least 70 percent alcohol, diluted bleach solutions (1/3 cup bleach per gallon of water) or other disinfecting products registered by the U.S. Environmental Protection Agency (EPA). Wear disposable gloves when cleaning and disinfecting for COVID-19 and use them only for that purpose.

**Q: *When can someone who has recovered from COVID-19 safely resume their routine activities?***

A: A person without symptoms for 48 hours after completing a 14-day quarantine can resume routine activities. At this time it does not appear that a person can be infected twice.

**Q: *What can I do to manage stress, anxiety, depression, feelings of isolation and other mental health issues associated with the COVID-19 pandemic.***

A: Take breaks from watching, reading or listening to news about the pandemic, including social media. Be selective about the sources you use for information. Use relaxation techniques such as taking deep breaths, getting outdoor exercise, doing yoga and practicing meditation. Do activities you enjoy. Get plenty of sleep. Avoid alcohol and stimulants. Keep in touch with friends and family. Speak to a behavioral health professional if you are having difficulty coping.

*WorkCare follows guidance provided by the U.S. Centers for Disease Control and Prevention (CDC). Refer to the CDC for information on all aspects of the COVID-19 response: [www.cdc.gov/coronavirus/](http://www.cdc.gov/coronavirus/)*

*Visit [www.workcare.com/resources](http://www.workcare.com/resources) for WorkCare's Fact Sheet on Preventing and Managing COVID-19 in the workplace.*