LEMBERG TOOL BOX TALK 03/30/2020

SYMPTOMS OF CORONAVIRUS DISEASE 2019

Patients with COVID-19 have experienced mild to severe respiratory illness.

Symptoms* can include

FEVER

COUGH

*Symptoms may appear 2-14 days after exposure.

SHORTNESS OF BREATH

Seek medical advice if you develop symptoms, and have been in close contact with a person known to have COVID-19 or if you live in or have recently been in an area with ongoing spread of COVID-19.

For more information: **www.cdc.gov/COVID19-symptoms**

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For all workers, regardless of specific exposure risks, it is always a good practice to:

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1. **Frequently wash your hands with soap and water for at least 20 seconds.**

2. **When soap and running water are unavailable:**
   Use an alcohol-based hand rub with at least 60% alcohol.

3. **Always wash hands that are visibly soiled.**

4. **Avoid touching your eyes, nose, or mouth with unwashed hands.**

5. **Avoid close contact with people who are sick.**

6. **Practice social distancing of 6'.**

7. **If you have flu-like symptoms leave the jobsite/office Immediately.**