

Safety Talk



COVID-19: What do we know and what can you do?

While there is still much to learn about the unfolding situation involving the spread of Coronavirus (COVID-19), the immediate health risk from COVID-19 is considered low for the general American public.

Here are a couple of myths vs. what we actually know to date based on Centers for Disease Control and Prevention (CDC) guidance:

Myth: You can get it from touching Mail and Packages - CDC advises that because of poor survivability of these coronaviruses on surfaces, there is likely very low risk of spread from products or packaging that are shipped over a period of days or weeks at ambient temperatures. Coronaviruses are generally thought to be spread most often by respiratory droplets. Currently there is no evidence to support transmission of COVID-19 associated with imported goods and there have not been any cases of COVID-19 in the United States associated with imported goods.

Myth: Face Masks will protect you from getting sick – CDC does not recommend that people who are well wear a facemask to protect themselves from respiratory illnesses, including COVID-19. You should only wear a mask if a healthcare professional recommends it. A facemask should be used by people who have COVID-19 and are showing symptoms. This is to protect others from the risk of getting infected.

CDC indicates that the best way to prevent illness is to avoid being exposed to this virus and take everyday preventive actions to help prevent the spread of respiratory diseases, including:

- 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.
- Wash your hands often with soap and water for at least 20 seconds, especially after going to the bathroom; before eating; and after blowing your nose, coughing, or sneezing. Always wash hands with soap and water if hands are visibly dirty.
- If soap and water are not readily available, use an alcohol-based hand sanitizer with at least 60% alcohol.

The CDC website, at www.cdc.gov, has additional information and tips,