COVID-19 CORONAVIRUS DISEASE

What you need to know about coronavirus disease 2019 (COVID-19)

What is coronavirus disease 2019 (COVID-19)?

Coronavirus disease 2019 (COVID-19) is a respiratory illness that can spread from person to person. The virus that causes COVID-19 is a novel coronavirus that was first identified during an investigation into an outbreak in Wuhan, China.

Can people in the U.S. get COVID-19?

COVID-19 is spreading from person to person in China, and limited spread among close contacts has been detected in some countries outside China, including the United States. At this time, however, this virus is NOT currently spreading in communities in the United States. Right now, the greatest risk of infection is for people in China or people who have traveled to China. Risk of infection is dependent on exposure. Close contacts of people who are infected are at greater risk of exposure, for example health care workers and close contacts of people who are infected with the virus that causes COVID-19. CDC continues to closely monitor the situation.

Have there been cases of COVID-19 in the U.S.?

Yes. The first case of COVID-19 in the United States was reported on January 21, 2020. The current count of cases of COVID-19 in the United States is available on CDC's webpage at https://www.cdc.gov/coronavirus/2019-ncov/cases-in-us.html.

How does COVID-19 spread?

The virus that causes COVID-19 probably emerged from an animal source, but now it seems to be spreading from person to person. It's important to note that person-to-person spread can happen on a continuum. Some diseases are highly contagious (like measles), while other diseases are less so. At this time, it's unclear how easily or sustainably the virus that causes COVID-19 is spreading between people. Learn what is known about the spread of newly emerged coronaviruses at https://www.cdc.gov/coronavirus/2019-ncov/about/transmission.html.

What are the symptoms of COVID-19?

Patients with COVID-19 have had mild to severe respiratory illness with symptoms of
- fever
- cough
- shortness of breath

What are severe complications from this virus?

Many patients have pneumonia in both lungs.

How can I help protect myself?

The best way to prevent infection is to avoid being exposed to the virus that causes COVID-19.

There are simple everyday preventive actions to help prevent the spread of respiratory viruses. These include

- Avoid close contact with people who are sick.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Wash your hands often with soap and water for at least 20 seconds. Use an alcohol-based hand sanitizer that contains at least 60% alcohol if soap and water are not available.

If you are sick, to keep from spreading respiratory illness to others, you should

- 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.

What should I do if I recently traveled to China and got sick?

If you were in China within the past 14 days and feel sick with fever, cough, or difficulty breathing, you should seek medical care. Call the office of your health care provider before you go, and tell them about your travel and your symptoms. They will give you instructions on how to get care without exposing other people to your illness. While sick, avoid contact with people, don't go out and delay any travel to reduce the possibility of spreading illness to others.

Is there a vaccine?

There is currently no vaccine to protect against COVID-19. The best way to prevent infection is to avoid being exposed to the virus that causes COVID-19.

Is there a treatment?

There is no specific antiviral treatment for COVID-19. People with COVID-19 can seek medical care to help relieve symptoms.

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

What to do if you are sick with coronavirus disease 2019 (COVID-19)

If you are sick with COVID-19 or suspect you are infected with the virus that causes COVID-19, follow the steps below to help prevent the disease from spreading to people in your home and community.

Stay home except to get medical care

You should restrict activities outside your home, except for getting medical care. Do not go to work, school, or public areas. Avoid using public transportation, ride-sharing, or taxis.

Separate yourself from other people and animals in your home

People: As much as possible, you should stay in a specific room and away from other people in your home. Also, you should use a separate bathroom, if available.

Animals: Do not handle pets or other animals while sick. See COVID-19 and Animals for more information.

Call ahead before visiting your doctor

If you have a medical appointment, call the healthcare provider and tell them that you have or may have COVID-19. This will help the healthcare provider's office take steps to keep other people from getting infected or exposed.

Wear a facemask

You should wear a facemask when you are around other people (e.g., sharing a room or vehicle) or pets and before you enter a healthcare provider's office. If you are not able to wear a facemask (for example, because it causes trouble breathing), then people who live with you should not stay in the same room with you, or they should wear a facemask if they enter your room.

Cover your coughs and sneezes

Cover your mouth and nose with a tissue when you cough or sneeze. Throw used tissues in a lined trash can; immediately wash your hands with soap and water for at least 20 seconds or clean your hands with an alcohol-based hand sanitizer that contains at least 60 to 95% alcohol, covering all surfaces of your hands and rubbing them together until they feel dry. Soap and water should be used preferentially if hands are visibly dirty.

Avoid sharing personal household items

You should not share dishes, drinking glasses, cups, eating utensils, towels, or bedding with other people or pets in your home. After using these items, they should be washed thoroughly with soap and water.

Clean your hands often

Wash your hands often with soap and water for at least 20 seconds. If soap and water are not available, clean your hands with an alcohol-based hand sanitizer that contains at least 60% alcohol, covering all surfaces of your hands and rubbing them together until they feel dry. Soap and water should be used preferentially if hands are visibly dirty. Avoid touching your eyes, nose, and mouth with unwashed hands.

Clean all "high-touch" surfaces every day

High touch surfaces include counters, tabletops, doorknobs, bathroom fixtures, toilets, phones, keyboards, tablets, and bedside tables. Also, clean any surfaces that may have blood, stool, or body fluids on them. Use a household cleaning spray or wipe, according to the label instructions. Labels contain instructions for safe and effective use of the cleaning product including precautions you should take when applying the product, such as wearing gloves and making sure you have good ventilation during use of the product.

Monitor your symptoms

Seek prompt medical attention if your illness is worsening (e.g., difficulty breathing). **Before** seeking care, call your healthcare provider and tell them that you have, or are being evaluated for, COVID-19. Put on a facemask before you enter the facility. These steps will help the healthcare provider's office to keep other people in the office or waiting room from getting infected or exposed.

Ask your healthcare provider to call the local or state health department. Persons who are placed under active monitoring or facilitated self-monitoring should follow instructions provided by their local health department or occupational health professionals, as appropriate.

If you have a medical emergency and need to call 911, notify the dispatch personnel that you have, or are being evaluated for COVID-19. If possible, put on a facemask before emergency medical services arrive.

Discontinuing home isolation

Patients with confirmed COVID-19 should remain under home isolation precautions until the risk of secondary transmission to others is thought to be low. The decision to discontinue home isolation precautions should be made on a case-by-case basis, in consultation with healthcare providers and state and local health departments.
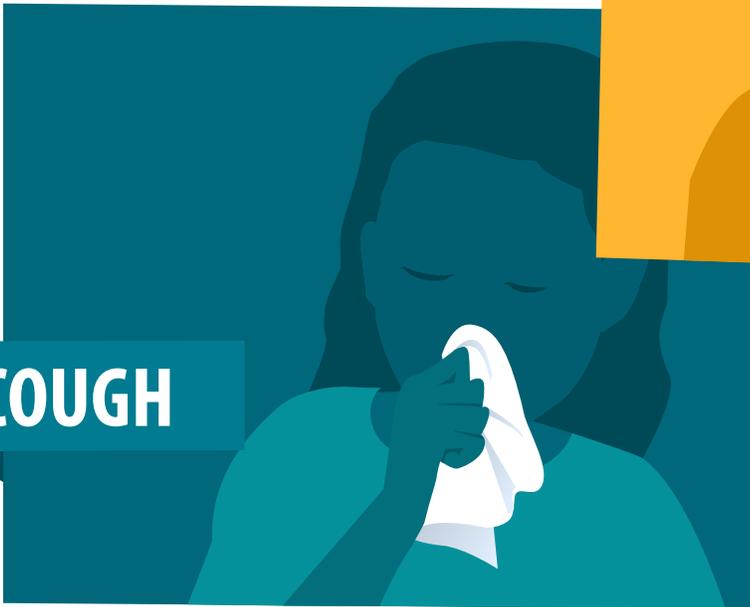
For more information: **www.cdc.gov/COVID19**

COVID 19

CORONAVIRUS DISEASE

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

If you have been in China or in close contact with someone with confirmed COVID-19 in the past 2 weeks and develop symptoms, call your doctor.

CDC

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COVID 19
CORONAVIRUS DISEASE

STOP THE SPREAD OF GERMS

Help prevent the spread of respiratory diseases like COVID-19.

Avoid close contact with people who are sick.

Cover your cough or sneeze with a tissue, then throw the tissue in the trash.

Avoid touching your eyes, nose, and mouth.

Clean and disinfect frequently touched objects and surfaces.

Stay home when you are sick, except to get medical care.

Wash your hands often with soap and water for at least 20 seconds.

CDC

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CORONAVIRUS: COVID-19
BE VIGILANT. BE PREPARED. DON'T PANIC.

The COVID-19 outbreak is caused by the novel coronavirus SARS-CoV-2. It has spread rapidly around the globe and now throughout the United States. The World Health Organization (WHO) has classified the outbreak as a pandemic. Federal health officials have said we should prepare for severe disruptions to group gatherings and public settings, such as schools and other workplaces, and everyday life, raising a number of concerns for working people.

WHAT DO WE KNOW ABOUT THE VIRUS?

The COVID-19 virus is spreading from person to person, and there has been community transmission in the United States. Workplace exposure is a serious concern. Health care workers and Transportation Security Administration (TSA) agents have become infected with the virus. The virus can spread through the air and survive on surfaces. It can be transmitted even when people do not have symptoms; and symptoms may be mild and may not present for up to two weeks. Symptoms of COVID-19 include fever, dry cough, shortness of breath, muscle ache and fatigue, whereas a runny or stuffy nose and a sore throat are more common with the seasonal flu and common cold. The disease is more deadly than the seasonal flu, with a higher risk of severe disease or death among older people, individuals with an underlying illness, and current and former smokers. Those left unprotected at work are at a greater risk of becoming infected and spreading the virus.

Information on the outbreak and virus is constantly evolving. See the links at the end for the most up-to-date information.

WORKERS AT INCREASED RISK

Working people are at increased risk if they frequently interact with potentially infected or infected individuals. Workers, listed below, are on the front lines and have an increased risk of exposure; however, as the outbreak evolves, all workers may be affected in some way.

- Health care workers;
- Emergency responders (e.g., law enforcement, firefighters, EMTs);
- Airline operations (e.g., pilots, flight attendants, other airport workers);
- Other transportation operations;
- Customs and Border Protection (CBP) and TSA workers;
- Correctional workers;
- Educators;
- Cleaning workers;

- Workers who have been identified as "essential personnel" by their employers during an outbreak or quarantine; and
- Other workers with broad exposure to the public.

PRIORITIES FOR WORKERS AND UNIONS

- Comprehensive workplace plans to identify potential exposure routes, controls to mitigate risk, such as isolation, social distancing and personal protective equipment, and training procedures.
- Emphasis on personal hygiene practices, hand-washing and respiratory etiquette.
- Protocols to clean and disinfect frequently touched objects and surfaces.
- Adherence to Centers for Disease Control and Prevention (CDC) recommendations when hosting and attending events or large gatherings. These recommendations may change as the situation evolves.
- Strong standards and guidance from agencies in charge of protecting different groups of workers that recognize the necessity for airborne protections for front-line workers.
- Adequate supplies of personal protective equipment, especially N95 respirators and those offering a greater level of protection, and respirator fit testing.
- Plans for supply shortages, including triage and prioritization.
- Protocols in case of a workplace or community outbreak, including possible self-quarantine or workplace quarantine.
- Resources and preparation for a surge in demand for health services, including hospital beds and caregivers.
- Much greater capacity for coronavirus testing, with a priority for testing health care workers who take care of patients.
- Policies to make it possible for sick workers, quarantined workers, parents of children whose schools have closed and workers caring for loved ones in these situations to stay at home without the loss of pay, seniority or benefits.
- Policies to ensure that workers are not discouraged by cost considerations from seeking preventive treatment, testing, ongoing treatment or, eventually, voluntary vaccination.
- Policies to address the pandemic's impact on the U.S. economy and on specific sectors, with a guarantee that any sectoral assistance actually benefits workers.

WHAT WE'VE DONE

- Launched immediate and ongoing response and coordination of information and expertise to address affiliate needs.
- Petitioned the Occupational Safety and Health Administration (OSHA) to issue an emergency temporary standard for infectious diseases to protect all at-risk workers from COVID-19 and future infectious diseases.
- Procured supplemental funding that included worker health and safety training in emergency response preparedness and workplace procedures.
- Requested Congress to pass COVID-19 legislation and economic stimulus legislation that includes priorities of working people.

WHAT WE'RE DOING

- Working with Congress, federal agencies, and state and local governments to ensure workers are at the forefront of the U.S. strategy to contain the COVID-19 pandemic.
- Ensuring working people have the health and safety resources, training, and tools needed to be protected at work during this crisis.
- Demanding strong enforceable standards to ensure that employers provide workers the necessary protections to keep them safe from all injuries and illnesses on the job.

- Strengthening and rebuilding our systems of health care, other worker protections, and economic stabilizers whose weaknesses have been exposed by the crisis.
- Staying tuned to the AFL-CIO webpage below for the latest developments.

MORE INFORMATION

- AFL-CIO: aflcio.org/covid-19
- OSHA: osha.gov/SLTC/covid-19/index.html
- CDC: cdc.gov/coronavirus/2019-nCoV/index.html
- WHO: who.int/emergencies/diseases/novel-coronavirus-2019
- Center for Infectious Disease Research and Policy: cidrap.umn.edu/covid-19