

LEDCOR SAFETY NOTICE

CORONAVIRUS (COVID-19)

WHAT IS CORONAVIRUS (COVID-19)?

Coronaviruses are a family of viruses transmitted between humans and animals. Human coronaviruses are common and typically result in mild illness, similar to the common cold. The COVID-19 virus spreads easily from person to person, and causes infections of the nose, throat and lungs.

KEY PREVENTION STEPS



Wash your hands often with soap and water for at least 20 seconds. If soap and water are not available, use an alcohol-based hand sanitizer.



Avoid touching your eyes, nose and mouth with unwashed hands.



Cover your cough or sneeze with your elbow or a tissue. Throw tissue in the trash.



Avoid close contact with people who are sick.



Clean and disinfect objects and surfaces that are frequently touched.



Stay home when you are sick!



✓ **RIGHT**



✗ **WRONG**



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How Does COVID-19 Spread?

When a person infected with COVID-19 sneezes, coughs or exhales, they release droplets of infected fluid, which may land on nearby objects and surfaces.

The virus is spread from an infected person by:

- Inhaling respiratory droplets from an infected person's cough or sneeze
- Prolonged personal contact, such as touching or shaking hands
- Touching a contaminated object or surface and then touching your eyes, nose or mouth before washing your hands

The risk of severe illness may be higher for people with a weakened immune system, such as:

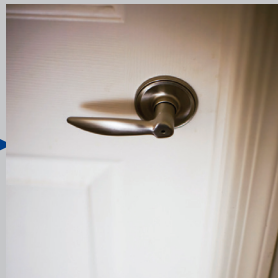
- Elderly people
- People with chronic disease such as diabetes, cancer or heart, renal or lung disease

What Are COVID-19 Symptoms?

The COVID-19 can cause illness ranging from a very mild, cold-like illness to a severe lung infection. Symptoms can include fever, cough, sore throat, runny nose, muscle ache, headache, and difficulty breathing (shortness of breath). The World Health Organization advises that symptoms may appear in as few as 2 days or as long as 10 to 14 days after being exposed.



Jane is unwell. When she sneezes, coughs or talks, droplets go into the air. These droplets can enter the eyes, nose and mouth of people nearby.



Jane coughs into her hand, then touches a door handle. Now the virus is on the handle.



George opens the door handle that Jane touched. The virus moves to his hand. He touches his nose, and it enters his body. A few days later, George is sick with the virus.



George passes the virus to his daughter Sonia. A few days later, Sonia feels unwell. She may have spread the virus to her classmates if she attended school with the virus.

When Should You Get Medical Advice?

If you have symptoms, isolate yourself from others as quickly as possible. Immediately call a health care professional or Public Health Authority. Describe your symptoms and travel history. Protect others from infection by washing your hands often and covering your mouth and nose, with your elbow, when coughing or sneezing.

You must stay home and self-isolate if a healthcare provider has confirmed you have a COVID-19 infection and may receive care at home.

