



CRITICAL TAILGATE TOPIC:

CORONAVIRUS (COVID-19)

Tailgate safety meetings are required by Cal/OSHA regulations every 10 working days. Given the significance of this emerging threat, it is recommended for the duration of the coronavirus pandemic that each work shift begin with a short tailgate on this topic with emphasis on all items in #7 below.

1. Coronavirus (COVID-19) – What is it?

- a. Coronaviruses are a large group of viruses that are common among animals and humans. This novel coronavirus that causes COVID-19 is a newly discovered coronavirus not previously detected.
- b. The source of the virus is not yet known.

2. What are the symptoms? Typically, human coronaviruses cause mild-to-moderate respiratory illness. Symptoms include:

- a. Fever
- b. Cough
- c. Shortness of breath
- d. COVID-19 can cause more severe respiratory illness

3. How is it spread?

- a. The virus is thought to spread mainly from person to person between people who are in close contact with one another (within 6').
- b. Close personal contact, such as touching or shaking hands, or touching an object with the virus on it, followed by touching your mouth, nose or eyes before washing your hands can spread the virus.
- c. This occurs through respiratory droplets produced when an infected person coughs or sneezes.
- d. The droplets can land in the mouths or noses of people who are nearby or possibly inhaled into the lungs.

4. Treatment

- a. Currently, there is no vaccine for COVID-19 and no specific treatment beyond those typically prescribed for the seasonal flu.

5. If you're ill (whether or not diagnosed with COVID-19)

- a. **Notify your employer immediately.**
- b. Stay home except to get medical care – don't go to work, school or public areas.

- c. Wear a surgical mask when around other people or when visiting a health care provider.
 - d. Call ahead before visiting your doctor.
 - e. Clean all “high touch” surfaces every day with a household cleaner spray or wipe.
 - f. Avoid sharing personal household items like drinking glasses, utensils or bedding. Wash these items thoroughly with soap and water after each use.
 - g. Seek medical attention if your conditions worsen.
- 6. Who is at higher risk?**
- a. Older adults (65+)
 - b. Individuals with compromised immune systems
 - c. Individuals who have serious chronic medical conditions like:
 - i. Heart disease
 - ii. Diabetes
 - iii. Lung disease
- 7. How can people protect themselves?**
- a. Wash hands with soap and water (at least 20 seconds).
 - b. Clean and disinfect frequently touched surfaces daily. If surfaces are dirty, clean them using detergent or soap and water prior to disinfection.
 - c. *CRITICALLY IMPORTANT: DO NOT TOUCH EYES, MOUTH OR NOSE WITH UNWASHED HANDS.*
 - d. Cover your cough or sneeze with a tissue or your elbow, then wash your hands thoroughly.
 - e. Avoid close contact with people who are sick.
 - f. Stay away from work, school or other people if you are sick with respiratory symptoms like fever or cough.
 - g. Do not share eating utensils or beverage containers with anyone.

For more information:

California Department of Public Health

<https://www.cdph.ca.gov/Programs/CID/DCDC/Pages/Immunization/ncov2019.aspx>
Cal/OSHA

<https://www.dir.ca.gov/dosh/coronavirus/Health-Care-General-Industry.html>