



COVID-19

KEEPING YOU INFORMED & SAFE

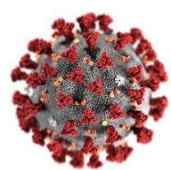
Objectives

- ✓ Identify how COVID-19 spreads
- ✓ Recognize its symptoms
- ✓ Explain how to prevent and treat the virus
- ✓ Determine what to do if you become ill with COVID-19

Why is this important?

The health and wellbeing of each JOI employee is our top priority. Providing you with information on the COVID-19 pandemic supports our concerted efforts to prevent the spread of this disease and maintaining a healthy workforce.

GETTING THE FACTS ABOUT COVID-19



HOW COVID-19 SPREADS

- COVID-19 mainly spreads from person to person thru respiratory droplets when an infected person coughs or sneezes (virus can enter thru mouth or nose)
- Touching a surface that has the virus on it and then touching your nose, mouth or eyes
- People are most contagious when they are symptomatic (showing signs of sickness, such as coughing, sneezing, fever, or shortness of breath)
- It is possible to spread the virus before someone shows symptoms
- Virus can be community spread, infected in an area including where some who are not aware of where or how they became infected

RECOGNIZING THE SYMPTOMS

- Symptoms can be mild to severe and can include:
- Symptoms may appear as soon as 2 days or as long as 14 days after exposure



COUGH



FEVER



SHORTNESS OF BREATH

PREVENTION

- The best way to prevent illness is to avoid being exposed to the virus.
- Center for Disease Control (CDC) recommends EVERY DAY PREVENTION ACTIONS, specifically:
 - Use SOCIAL DISTANCING whenever possible—try to keep 6 ft. distance between you & others
 - Avoid close contact with people who are sick
 - Avoid touching eyes, nose & mouth
 - Cover cough & sneezes with tissue & immediately discard tissue in trash
 - Stay home when sick
 - Clean & disinfect often, especially frequently touched surfaces or objects
 - Wash hands often with soap & water for 20 seconds especially before eating, after going to the bathroom, coughing, sneezing, or blowing your nose
 - Use hand sanitizer (at least 60% alcohol-based) if soap & water are not available

Face masks:

- The CDC does **not** recommend that people that are well wear a face mask to protect themselves from COVID-19 & other respiratory diseases.
- Face masks should be used by people who are exhibiting symptoms of COVID-19 to help prevent the spread of the disease to others. Face masks are needed by healthcare workers & others who are taking care of others who have the disease.

TREATMENT

- Currently there is no anti-viral treatment available
- Persons with COVID-19 should receive supportive care to help relieve the symptoms
- For severe cases, treatment should include care to support vital organ functions
- If someone believes they have contracted COVID-19, they should contact their healthcare provider immediately

IF YOU BECOME ILL ... FOLLOW THESE STEPS

- Stay home except to get medical care
- Don't go to work & avoid public areas
- Do not use public transportation, rideshares, or taxis
- Separate yourself from other people & pets as much as possible
- If living with others, stay in one room & use one bathroom if at all possible
- Call ahead before you go to the doctor's office & inform them you are exhibiting symptoms of COVID-19
- Wear a face mask if you have to be around other people or animals
 - If not able to wear a face mask, people who live with you should not stay in the same room as you and should wear a face mask
- ALWAYS cover your cough & sneezes, throw tissue away & WASH HANDS after
- Wash hands often with soap & water for at least 20 seconds. If not available, use a hand sanitizer that is 60-95% alcohol-based—cover all surface of your hands thoroughly with the sanitizer
- Avoid touching your eyes, nose and mouth
- Avoid sharing personal household items, such as dishes, glasses, cups, eating utensils, towels or bedding
- After using these items, wash them thoroughly with soap & water
- Clean all high-touch surfaces throughout the day (tabletops, doorknobs, counters, bathroom fixtures, toilets, phones, keyboards, bedside tables, or any other surfaces that may have blood, stool or bodily fluids on them)
- Monitor your symptoms & get medical attention as soon as possible if you believe they are worsening, such as difficulty breathing.
- Call your doctor BEFORE going & tell them you have COVID-19 symptoms so they are aware
- Put on a face mask to help prevent exposure
- If you have a medical emergency, call 911 & tell the dispatcher you may have COVID-19. If possible, put on a face mask before they arrive
- If you have symptoms, self-isolate



SUMMARY

The COVID-19 pandemic requires that each & everyone of us follow the CDC guidelines listed above in order to prevent the spread of the virus. It is with all of us working together as a team that we will be able to combat the virus. It is important that you share this information with your family & friends & take every precaution necessary as we are all in this together. To view this info in video, go to: <https://youtu.be/QaRiYddhHkc>

JOI is committed to providing you with COVID-19 updates as they become available. Your ongoing commitment to performing at a high standard & doing so safely is what makes JOI's services essential to our customers.

Stay focused & stay safe!