

Service Technician & PSM Coordinator Bulletin: COVID-19 and YOU!

I know you're busy and probably a little concerned about this COVID-19 outbreak. It's important that you understand a few things about it because YOU are on the frontlines of our economy while this is unfolding AND its recovery once this event passes. YOU keep the foods, beverages, and medicines our society relies on SAFE.

What it is: A virus that is spread through close contact with infected persons or contaminated surfaces, and through the air by respiratory droplets produced during coughs and sneezes. As with seasonal "colds," the most severe impacts seem to be to those with compromised immune systems, damaged lungs, and the elderly.

What are the symptoms: Symptoms usually appear 2-14 days after exposure.

- Fever
- Cough (usually dry)
- Shortness of breath.

Your action to take: The CDC (Center for Disease Control) has issued guidance and they continue to update their guidance daily. To protect yourself against infection, the World Health Organization (WHO) recommends:

- Washing your hands regularly with soap and water for 20 seconds, and using alcohol-based sanitizer
- Maintaining distance of at least 2 meters (6 feet) between yourself and anyone who is coughing or sneezing
- Avoiding touching your eyes, nose and mouth
- Seeking medical care immediately if you are showing symptoms (though some facilities ask that you call your medical facility for instructions before coming to their office).

When should I seek medical attention?

If you develop **emergency warning signs** for COVID-19 get **medical attention immediately**. Emergency warning signs include:

- Difficulty breathing or shortness of breath
- Persistent pain or pressure in the chest
- New confusion or inability to arouse
- Bluish lips or face

For more information:

CDC <https://www.cdc.gov/coronavirus/2019-ncov/>

WHO <https://www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public>