

AGC of Washington Weekly *Toolbox Talk* Safety Meeting

COVID-19 (Corona Virus) Contingency

	<u>Date</u> <u>Jobsite</u>	<u>Discussion Leader</u>
Attendance Sign- In:	What are the symptom	s of COVID-19?
	• Symptoms for COVID-19 i	include fever/chills <u>and</u> shortness of breath, cough or sore throat.
	How does COVID-19 sp	oread?
		read mainly from person to person through coughing or sneezing.
		en people touch something with the virus on it then touch their mouth
	or nose. Symptoms usual	ly appear 7-14 days after exposure.
	Who is at higher risk fo	r COVID-19 complications?
		ildren or adults with underlying conditions such as asthma, diabetes,
		ems, heart disease, and kidney disease, are more likely to have
	complications.	
		ssociated with COVID-19?
	I	nild to severe. Most people have recovered <u>without</u> needing medical
	treatment. However, hosp	oitalizations and deaths have occurred.
	How do I protect myse	lf?
	Practice good hygiene!	
	Avoid close contact with p	
	Avoid touching your eyes, Stay home when you are	
	· · · · · · · · · · · · · · · · · ·	ze with a tissue, then throw the tissue in the trash.
		ently touched objects and surfaces using a regular household cleaning
	spray or wipe.	
	_ · · · · · · · · · · · · · · · · · · ·	ith soap and water for at least 20 seconds, especially after going to the ; and after blowing your nose, coughing, or sneezing.
		re not readily available, use an alcohol-based hand sanitizer with at least
		wash hands with soap and water if hands are visibly dirty
	' ' '	y creating more fear or anger toward ordinary people instead of the
	_	e problem. We can fight stigma and avoid hurting others by providing
		mmunicate the facts that being Chinese or Asian-American does not ting or spreading COVID-19.
	increase the chance of get	ung of spreading COVID-19.
	Other safety topics	discussed: