

EMPLOYERS FOR HEALTH Consortium

—Akron, OH

March 4, 2020

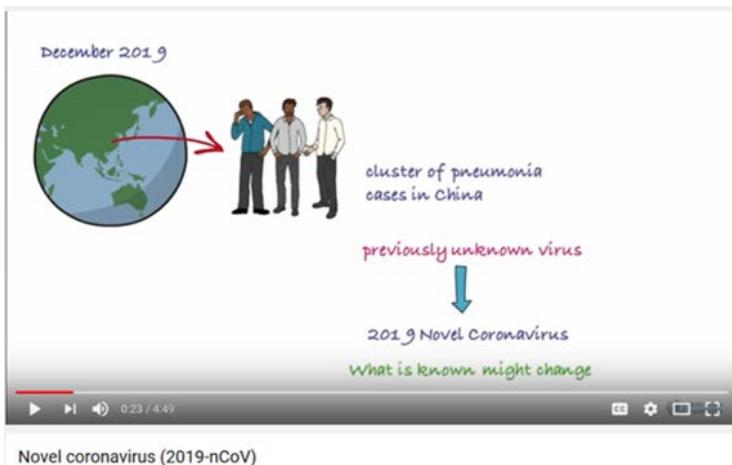
Dear Employers for Health Consortium Community:

The coronavirus, now officially named Covid-19, has continued to spread to countries around the globe and can be anticipated to become part of our community. This is not a time to panic, but to prepare with knowledge and targeted planning.

It is highly recommended that you remain knowledgeable and obtain guidance from trusted sources.

- [Centers for Disease Control and Prevention \(CDC\)](#)
- [World Health Organization \(WHO\)](#)
- [Summit County Public Health](#)

[This \(4+ minute\) video by the World Health Organization](#) is an excellent summary of what is currently known about the COVID-19 coronavirus. New things are being learned each day.



The CDC has created guidance for the businesses to prepare their worksites:

<https://www.cdc.gov/coronavirus/2019-ncov/specific-groups/guidance-business-response.html>

The best protection is diligent handwashing, cleaning and disinfecting common areas, and limiting close contact. When ill, it is important to stay away from others and to avoid spreading illness by covering your mouth and nose with a tissue or flexed elbow when coughing or sneezing. Social distancing is a very important means to minimize transmission.

<p>Protect yourself and others from getting sick</p> <p>Wash your hands</p>  <ul style="list-style-type: none"> • after coughing or sneezing • when caring for the sick • before, during and after you prepare food • before eating • after toilet use • when hands are visibly dirty • after handling animals or animal waste <p>World Health Organization</p>	<p>Protect others from getting sick</p> <p>When coughing and sneezing cover mouth and nose with flexed elbow or tissue</p>  <p>Throw tissue into closed bin immediately after use</p>  <p>Clean hands with alcohol-based hand rub or soap and water after coughing or sneezing and when caring for the sick</p>  <p>World Health Organization</p>
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Employers can encourage their workers to prepare their homes and families, similar to the recommendations for a severe winter storm event.

What you can do for your family now for this or another crisis event:

- Make sure you have about a two-week supply of food and water available on hand in the event that you cannot make it to the store for a week or so. Include things like soups and other beverages like sports drinks in order to maintain hydration and electrolytes. Plus, a good supply of drinking water.
- Check your regular prescription drugs to ensure a continuous supply so that you will not run out.
- Have any non-prescription drugs and other health supplies on hand (for example pain relievers, stomach remedies, cough and cold medicines, fluids with electrolytes and minerals).
- Make certain you have facial tissues, toilet paper, feminine hygiene products, diapers and pet supplies in your home.
- Assure enough soap, disinfectant, hand sanitizers, laundry detergent.
- Consider having actual cash on hand in the event the bank Automatic Teller Machines are not quickly restocked or there are connectivity problems.
- Make certain your family is aware of your emergency plans. Check out additional recommendations at <https://www.ready.gov/plan>

Prevention

There is currently no vaccine to prevent coronavirus disease COVID-19. The best way to prevent illness is to avoid being exposed to this virus. However, as a reminder, CDC always recommends everyday preventive actions to help prevent the spread of respiratory diseases, including:

- Avoid close contact with people who are sick.
- Avoid touching your eyes, nose, and mouth.
- Stay home when you are sick.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash.
- Clean and disinfect frequently touched objects and surfaces using a regular household cleaning spray or wipe.
- Follow CDC's recommendations for using a facemask.

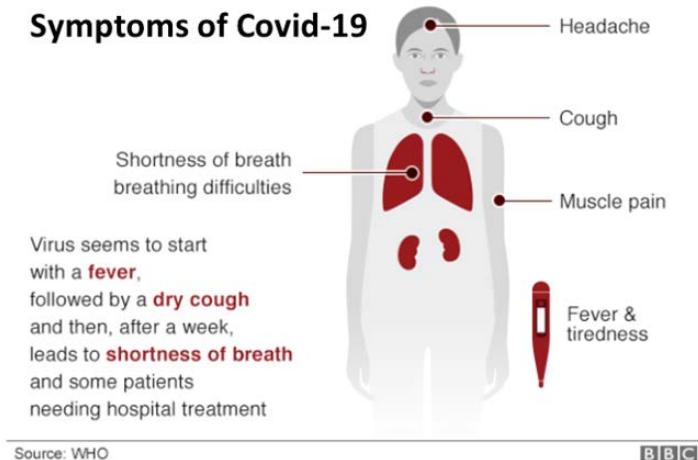
- CDC does not recommend that people who are well wear a facemask to protect themselves from respiratory diseases, including COVID-19.
- Facemasks should be used by people who show symptoms of COVID-19 to help prevent the spread of the disease to others. The use of facemasks is also crucial for health workers and people who are taking care of someone in close settings (at home or in a health care facility).
- Wash your hands often with soap and water for at least 20 seconds, especially after going to the bathroom; before eating; and after blowing your nose, coughing, or sneezing.
 - If soap and water are not readily available, use an alcohol-based hand sanitizer with at least 60% alcohol. Always wash hands with soap and water if hands are visibly dirty.

For information about handwashing, see [CDC's Handwashing website](#)

For information specific to healthcare, see [CDC's Hand Hygiene in Healthcare Settings](#)

These are everyday habits that can help prevent the spread of several viruses. CDC does have specific guidance for travelers.

What are the symptoms?



According to the [World Health Organization](#), the main symptoms of coronavirus resemble those of a bad cold or the flu, which can make detection difficult. They include:

- Fever (100.4 or Higher)
- Cough
- Shortness of breath
- The virus can take up to 14 days from exposure to developing symptoms.
- The most common symptoms of COVID-19 are fever, tiredness, and dry cough. Some patients may have aches and pains, nasal congestion, runny nose, sore throat or diarrhea. These symptoms are usually mild and begin gradually.
- Most people, (about 80%) will develop mild disease, similar to the cold or flu. Some people become infected but don't develop any symptoms and don't feel unwell. Most people (about 80%) recover from the disease without needing special treatment.

- Around 1 out of every 6 people who gets COVID-19 becomes seriously ill and develops difficulty breathing. Older people, and those with underlying medical problems like high blood pressure, heart problems or diabetes, are more likely to develop serious illness. About 2% of people with the disease have died. People with fever, cough and difficulty breathing should seek medical attention.

Additional Resources

Question and Answers on coronavirus

- From WHO: <https://www.who.int/news-room/q-a-detail/q-a-coronaviruses>
- From CDC: <https://www.cdc.gov/coronavirus/2019-ncov/faq.html>

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

Myth Busters Graphics from the WHO: <https://www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public/myth-busters>

CDC Influenza Pandemic Toolkit (Human Resource Policies, Protocols, Templates, Tools, and Tips): <https://www.scph.org/sites/default/files/editor/CDCScorecard/cidrap-shrm-hr-pandemic-toolkit.pdf>

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It is important to remember that we have had health crises before, and we will get through this. Being prepared is our best way to approach this and any crisis. It is important to wash your hands frequently, avoid others if you are ill, avoid touching your eyes, nose and mouth, and to practice good health habits, including getting plenty of sleep, drinking plenty of fluids, eating nutritious food, and managing stress.

If you have any questions, please contact your health provider and continue to follow the updates from the CDC and WHO, as the situation is extremely dynamic. We are fortunate to have excellent healthcare and experts in our community. For local information please visit scph.org/covid-19 or contact the Summit County Public Health COVID-19 Call Line at 330-926-5795

Sincerely,

J Brent Pawlecki, MD
Chief Health Officer
The Goodyear Tire and Rubber Company

Donna Skoda, MS, RD, LD
Health Commissioner
Summit County Public Health

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