CORONAVIRUS COVID19
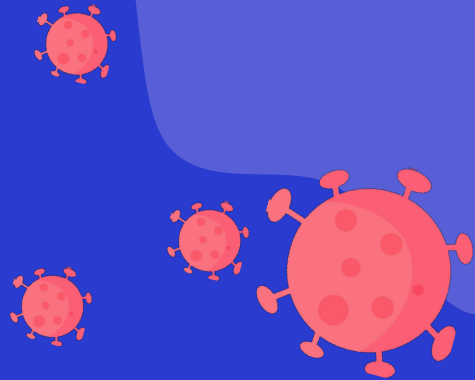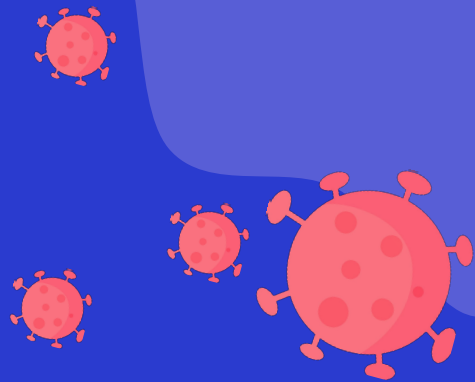
Updated 01/10/2023

Content

- What is COVID-19?
- How to Avoid Getting It
- Symptoms & Treatment
- Cal/OSHA Updates

What is COVID-19?

- Is a virus spread through droplets released into the air when an infected person coughs or sneezes or close, prolonged face-to-face interactions with someone that is infected (usually around 15 minutes or more).
- The coronavirus disease (COVID-19) is caused by the coronavirus.
  - Coronaviruses are a large family of viruses that are known to cause illness ranging from the common cold to more severe diseases such as Middle East Respiratory Syndrome (MERS) and Severe Acute Respiratory Syndrome (SARS).
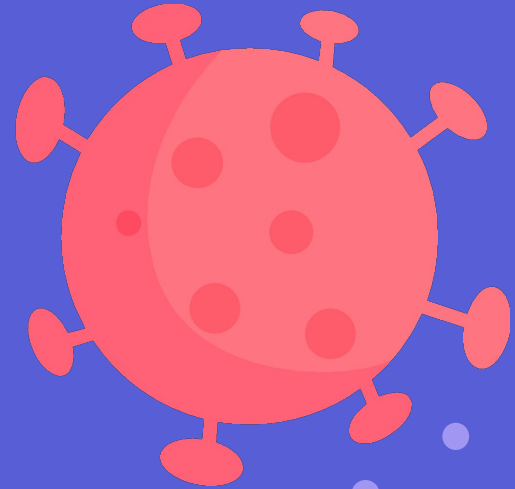
How can you prevent getting or spreading it?

- Wear a mask over your nose and mouth
- Stay at least 6 feet away from others
- Avoid crowds
- Avoid poorly ventilated spaces
- Get vaccinated
- Wash your hands often
  - Use hand sanitizer when hand washing is not available

Masks Facts

Make sure your nose and mouth are fully covered; you don't want air escaping from the sides

CalOSHA had now defined some types of cloth face coverings that are NOT acceptable, such as bandanas. See the COVID Safety Plan for more info.

Use Tissue

❖ To wipe your nose
❖ To cough or sneeze
  ➢ Use inside of elbow if tissue is not available
❖ Throw tissue away
❖ Wash hands immediately (for 20 seconds)
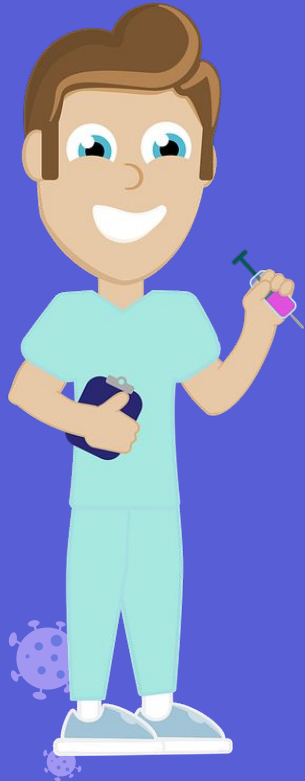 ➢ Sanitize if hand washing is not an option

Getting Vaccinated

- ❖ Helps protect yourself and others
  - ➢ Decreases risk of contracting and spreading COVID-19
- ❖ Ideal to get even if already had COVID-19
- ❖ It will work with your immune system so it will be ready to fight the virus if you are exposed
- ❖ There are many myths, check with your healthcare provider

Getting Vaccinated

The U.S. Food and Drug Administration (FDA) has granted full approval for COVID-19 vaccines which have been shown to be safe and effective. Data shows known and potential benefits of this vaccine. --CDC

("Full FDA Approval of a COVID-19 Vaccine: What You Should Know")

COVID Vaccine

- The main type of COVID-19 vaccines do not contain any part of the actual virus that causes COVID-19. They contain a molecule called messenger RNA which gives instructions to cells in your body to create an immune response. This response helps protect you from getting sick with COVID-19 in the future. After the body produces an immune response, it discards all the vaccine ingredients just as it would discard any information that cells no longer need. This process is a part of normal body functioning.
    - COVID-19 vaccines do NOT contain ingredients like preservatives, tissues (like aborted fetal cells), antibiotics, food proteins, medicines, latex, or metals.
    - Getting a COVID-19 vaccination is a safer and more dependable way to build immunity to COVID-19 than getting sick with COVID-19.
    - COVID-19 vaccines do not change or interact with your DNA in any way.
    - Because none of the authorized COVID-19 vaccines in the United States contain the live virus that causes COVID-19, the vaccine cannot make you sick with COVID-19.
- New variants of a virus happen because the virus that causes COVID-19 constantly changes through a natural ongoing process of mutation (change). As the virus spreads, it has more opportunities to change. High vaccination coverage in a population reduces the spread of the virus and helps prevent new variants from emerging. CDC recommends that everyone 5 years of age and older get vaccinated as soon as possible.

COVID Vaccine

- Vaccine breakthrough infections are expected. COVID-19 vaccines are effective at preventing most infections. However, like other vaccines, they are not 100% effective.
    - While they are not 100% effective, they reduce the risk and greatly reduce the risk of severe symptoms and death.
- Fully vaccinated people with a vaccine breakthrough infection are less likely to develop serious illness than those who are unvaccinated and get COVID-19.
- Even when fully vaccinated people develop symptoms, they tend to be less severe symptoms than in unvaccinated people. This means they are much less likely to be hospitalized or die than people who are not vaccinated.
- Getting vaccinated helps to avoid "long COVID" which can result from a COVID infections, even if someone does not have severe COVID symptoms.
- For the following chart, please note the significant lower number of cases in vaccinated in comparison to unvaccinated.
    - There was a rise with Omicron variant in both populations, but take special note of the significant decrease in death rates with Omicron in vaccinated in comparison to those that are unvaccinated.

Identify Symptoms

Low-risk: general symptoms		High-risk: red flag symptoms
Fever (≥100.4°F)	Sore throat	Cough
Congestion/runny nose	Headache	Difficulty breathing
Nausea/vomiting/diarrhea	Fatigue/muscle or body aches	Loss of taste/smell

Treatment

Self care

- drink plenty of liquids
- seek emergency medical help if needed
- keep Warm
- stay in contact with your doctor
- humidifier or take a hot shower
- stay home and self isolate
- rest and sleep
- proper nutrition

When to Seek Medical Attention

If you have emergency COVID-19 signs and symptoms, seek care immediately. Emergency signs and symptoms can include:

- Trouble breathing
- Persistent chest pain or pressure
- Inability to stay awake
- New confusion
- Blue lips or face
- If you have signs or symptoms of COVID-19, contact your doctor or clinic for guidance.
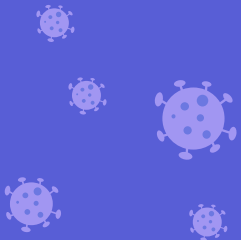
--Mayo Clinic

Cal/OSHA Updates as of 01/2023

- Employers must provide face coverings and ensure they are worn by employees when CDPH requires their use.
- Employers must report information about employee deaths, serious injuries, and serious occupational illnesses to Cal/OSHA, consistent with existing regulations.
  - Employees should notify HR if they become positive for COVID.
- Employers must make COVID-19 testing available at no cost and during paid time to employees following a close contact.
- Employers must exclude COVID-19 cases from the workplace until they are no longer an infection risk and implement policies to prevent transmission after close contact.
- Employers are no longer required to maintain a standalone COVID-19 Prevention Plan. Instead, employers must now address COVID-19 as a workplace hazard under the requirements found in [section 3203 (Injury and Illness Prevention Program, IIPP)](), and include their COVID-19 procedures to prevent this health hazard in their written IIPP or in a separate document.
- Employers must now report major outbreaks to Cal/OSHA.

What does this mean for us?

- We no longer have to do temperature checks and screenings in the office or for in-person events.

Updated Mask Recommendations

CDC COVID-19 Community Level	CDPH recommended actions
Low There is lower community spread and impact on healthcare system of COVID-19	**Everyone:** People can wear a mask based on personal preference, informed by their own personal level of risk. **Vulnerable people*:** Consider wearing a mask in crowded indoor public places. Ensure your mask provides the best fit and filtration (respirators like N95s, KN95s and KN94s are best). If you are a vulnerable person* or live with a vulnerable person*, consider taking additional precautions.

Updated Mask Recommendations

Medium

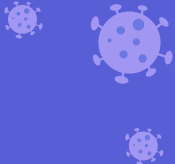There is medium community spread and impact on healthcare system of COVID-19

Everyone:

- Consider wearing a mask in indoor public places. Ensure your mask provides the best fit and filtration (respirators like N95, KN95 and KN94 are best).

Vulnerable people*:

- Wearing a mask is recommended in crowded indoor public places. Ensure your mask provides the best fit and filtration (respirators like N95s, KN95s and KN94s are best).

If you have household or social contact with a vulnerable person*, wearing a mask is recommended when indoors with them

Updated Mask Recommendations

High

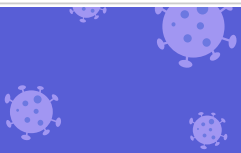There is high community spread and impact on healthcare system of COVID-19

Everyone:

- Wearing a mask is recommended in indoor public places. Ensure your mask provides the best fit and filtration (respirators like N95, KN95 and KN94 are best).

Vulnerable people*:

- Wearing a mask is strongly recommended in indoor public places. Ensure your mask provides the best fit and filtration (respirators like N95s, KN95s and KN94s are best).

If you have household or social contact with a vulnerable person*, wearing a mask is recommended when indoors with them.

References

- CDC. (2020, February 11). Frequently Asked Questions about COVID-19 Vaccination. Centers for Disease Control and Prevention.
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- Coronavirus disease 2019 (COVID-19) - Symptoms and causes. (2019). Mayo Clinic;
  https://www.mayoclinic.org/diseases-conditions/coronavirus/symptoms-causes/syc-20479963
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- "COVID-19 Vaccine Facts." Centers for Disease Control and Prevention, 9 Feb. 2022, www.cdc.gov/coronavirus/2019-ncov/vaccines/facts.html#:~:text=Getting%20vaccinated%20yourself%20may%20also,COVID%2D19%20to%20others. Accessed 18 Mar. 2022.
- "Full FDA Approval of a COVID-19 Vaccine: What You Should Know." Johns Hopkins Medicine, Based in Baltimore, Maryland, www.hopkinsmedicine.org/health/conditions-and-diseases/coronavirus/full-fda-approval-of-a-covid-19-vaccine-what-you-should-know#:~:text=The%20Pfizer%2FBioNTech%20and,Administration%20(FDA).

Thank you and let me know if you have any questions and stay safe!