

The novel coronavirus (SARS-CoV-2) and the disease it causes (COVID-19) are a global pandemic. The current risk of contracting COVID-19 in the U.S. and Canada varies by community based on the extent of the outbreak. **It's critical that everyone does their part to limit the spread of the virus, as people without symptoms or with mild symptoms can still spread the virus to others.**

How COVID-19 Spreads

- ▶ Being in close proximity (less than six feet) for a prolonged period of time (15 cumulative minutes over a 24 hour period) to an infected person, especially in enclosed spaces without good ventilation
- ▶ Respiratory droplets from coughing, sneezing or breathing
- ▶ Airborne transmission: small droplets or particles (known as aerosols) that hang in the air for minutes to hours
- ▶ Close personal contact, such as touching or shaking hands
- ▶ Touching an object with the virus on it, followed by touching your mouth, nose or eyes

Protect Yourself from COVID-19

- ▶ Follow orders, guidance and recommendations from federal and state agencies.
- ▶ Avoid close contact with people who are sick.
- ▶ Avoid large crowds or in-person group gatherings.
- ▶ Wear a facial covering in public places.
- ▶ Practice social distancing by limiting person-to-person contact within six feet.
- ▶ Wash your hands frequently with soap and water for at least 20 seconds. Use hand sanitizer with at least 60 percent alcohol when soap and water aren't available.
- ▶ Cover your mouth and nose with a tissue when you cough or sneeze, then throw the tissue in the trash and wash your hands.
- ▶ Avoid touching your eyes, nose or mouth with unwashed hands.
- ▶ Weigh the importance vs. the risk of attending events in person instead of remotely.
- ▶ Avoid non-essential travel on commercial airlines, trains and buses for work or personal use. When making travel plans, take into account the circumstances where you live, where you're going and the planned route.



Symptoms & Exposure

- ▶ Fever (100.4°F or greater) or chills, cough, shortness of breath or difficulty breathing, fatigue, muscle or body aches, headache, loss of taste or smell, sore throat, congestion or runny nose, nausea or vomiting, diarrhea.
- ▶ It takes between 2-14 days for symptoms to appear after exposure. The average onset of symptoms is around 5 days.
- ▶ Some people never develop symptoms but are infected and can pass the disease to others. This is called asymptomatic spread.
- ▶ **If you think you have COVID-19:** Call your healthcare provider to get tested.
- ▶ **If you have a known or suspected exposure:** Self-quarantine for 14 days, monitor for symptoms, contact your healthcare provider if symptoms develop.

Groups at Risk for Getting Very Sick from COVID-19

- ▶ Older adults (age 65 and up)
- ▶ People with underlying health conditions (e.g., heart disease, lung disease, diabetes, cancer)
- ▶ People with weakened immune systems

What to Do If You Get COVID-19

- ▶ There is currently no vaccine for COVID-19.
- ▶ Do the following to help prevent the disease from spreading:
 - Keep in contact with your healthcare provider.
 - **Stay home except to get medical care.** Don't go to work, school or public areas and avoid public transportation.
 - If you must go out in public, wear a facial covering and avoid close contact with other people.
 - Seek medical attention if your conditions worsen (e.g., difficulty breathing).
 - Clean "high-touch" surfaces every day with a household cleaning spray or wipe.
 - Avoid sharing personal household items like drinking glasses, utensils or bedding.
- ▶ Employers' role:
 - Encourage workers with known exposure or who are symptomatic to stay home or use available telework options.
 - Allow workers who are sick to stay home without punitive measures such as loss of pay.

Additional Resources

Visit the Fund's Coronavirus & COVID-19 Resource page at www.lhsfna.org/index.cfm/coronavirus/. For specific questions not covered above, contact the Fund at 202-628-5465 or by email at communications@lhsfna.org

**COVID-19 PROTECTION:
DIFFERENCES BETWEEN SURGICAL MASKS, PAPER MASKS AND N95S**

Surgical Mask

Intended Use and Purpose
Provides a protective barrier against large droplets, splashes or sprays of bodily fluids. Protects others from the wearer's respiratory emissions.

Face Seal Fit
Loose-fitting

Fit-Testing Requirement
No

Filtration
Does **NOT** provide the wearer with a reliable level of protection from inhaling smaller airborne particles and is **NOT** considered respiratory protection.



Paper Mask

Intended Use and Purpose
Can be worn for comfort against non-toxic nuisance dusts during activities like mowing, sweeping and dusting. These masks are **NOT** respirators and do **NOT** offer protection against hazardous dusts, gases or vapors.

Face Seal Fit
Loose-fitting and many only have one strap.

Fit-Testing Requirement
No

Filtration
These masks are **NOT** NIOSH-approved disposable filtering facepieces. Does **NOT** provide the wearer with a reliable level of protection from inhaling smaller airborne particles and is **NOT** considered respiratory protection.



N95 Mask

Intended Use and Purpose
Reduces wearer's exposure to particles including small particle aerosols and large droplets (only non-oil aerosols).

Face Seal Fit
Tight-fitting

Fit-Testing Requirement
Yes

Filtration
Filters out at least 95% of airborne particles, including large and small particles. Provides the wearer with a reliable level of protection from inhaling smaller airborne particles and is considered respiratory protection.

Construction N95



Surgical N95

