Safety Minute: COVID 19 Symptoms Update

• Most known symptoms:
  – Fever
  – Dry Cough
  – Tiredness
  – Headache, sore throat, congestion

• Other symptoms:
  – Chills and Body Aches
  – Sudden confusion
  – Digestive issues
  – Pink Eye
  – Sudden loss of taste and smell
  – Nightmares or Hallucinations

• Extreme symptoms (seek immediate care):
  – Tightness in chest
  – Difficulty Breathing
  – Seizures
  – Blue Lips

• When leveraging telemedicine options make sure to describe all symptoms to the medical professional.

• Use HR hotline to report confirmed positive or presumptive positive diagnosis by a medial professional or health department. Do not come to GA site to report.

Source: CDC update
Return to Campus Reminders

• Ensure employees coming back to campus understand key rules. Leverage safety minutes to go over key items.
  – Temperature checks
  – Safety masks/shields requirements
  – Location of hand sanitizer and cleaning wipes
  – Grab and go meals. Watch breakroom protocols.
    • Clean up after each use. Takes a little more time.

• Conference room and meeting etiquette.
  – Leverage t-cons/webex even on campus.
  – No office meetings. Use conference rooms even for 2 -3 people sessions
  – 6 ft spacing in seating and mask in all conference rooms.

• Social distancing
  – 6ft. Minimum distancing and mask on.
  – No hall and cube area sessions. Stand up sessions need to have 6 ft spacing between participants.
  – Social distancing at lunch time.

• Remember safety during and after work, drives safety at work.
  – At any time you feel ill or experience symptoms, Stay home and call manager/HR
  – If you receive a positive test or exposed away from work, stay home and call Hotline at 858-455-3075.
Safety Minute: COVID Symptoms Reminder

Many who have COVID do not exhibit a fever until later in infection, if at all. Self Check and know other warning signs

In ages 40 and under, COVID symptoms can mimic early signs of a stroke
• Confusion
• Severe Headaches
• Muscle weakness
• Seek medical attention in either case
Safety Minute: At Work

• Comply with temperature checks

• Wear Face Coverings Required in California.
  – Managers have extra if needed
  – Face Shields & Face Masks to be work together

• Continue to follow your area cleaning procedures

• Use the hand sanitizer

• Social Distancing (6ft except for safety reasons)
  – At your work area
  – During break and lunch times

• If sick, stay home and call your manager.
• Do not hold meetings in your office.
• Leverage WebEx and teleconferencing
• Conference rooms should not be filled to seating capacity. 6ft min. spacing between each participant
• Smaller conference rooms 2-3 people max meetings
• Larger conference rooms 6 ft spacing between seating
  – Limit seating in perimeter chairs. Should also be 6 ft. spacing between meeting participants
• Wash hands and use hand sanitizer before and after meeting
• Do not share pens and papers.
• Mask on at all times before, during and after the meeting.
Reminder: Help for Employees

As we continue to manage through COVID 19 and national events please let employees know that EAP resources are there to help.

- Confidential to employees and their family.
- Handle a wide variety of issues and needs
- Provide reference material and local contacts