

# QEHS SPECIAL EDITION TOOLBOX

MONTHLY TOPICS  
**COVID-19**

Original Date **4/8/2020**  
Revised Date **4/22/2020**

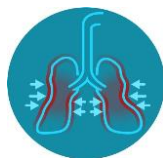
SPECIAL TOPIC  
**What to watch for and what you can do to minimize risk**

## Watch for symptoms

Reported illnesses have ranged from mild symptoms to severe illness and death for confirmed coronavirus disease 2019 (COVID-19) cases.

The following symptoms may appear **2 - 14 days after exposure:**

- Cough
  - Shortness of breath
- Or at least two of these
- Fever
  - Chills
  - Repeated shaking with chills
  - Muscle pain
  - Headache
  - Sore throat
  - New loss of taste or smell



## When to Seek Medical Attention

If you develop emergency warning signs for COVID-19 get medical attention immediately.

Emergency warning signs include\*:

- Trouble breathing
- Persistent pain or pressure in the chest
- New confusion or inability to arouse
- Bluish lips or face

\* This list is not all inclusive. Please consult your medical provider for any severe or concerning symptoms.



**WASH YOUR  
HANDS  
FREQUENTLY**



## At Work

- Avoid areas where people gather in the shipyard or on the ship as much as possible, i.e. food trucks, gedunk areas, eating areas, smoking areas, pass office, trailer, supply or toolbox.
- Remember to keep 6 feet between you and others when going through check points
- Consider working shifts in tight spaces to minimize contact or crowding
- Wash your hands as often as possible

## Outside of Work

- Make lists for shopping and wait until you have multiple items before you go to store. Avoid running to store for 1 or 2 things.
- Shop for at risk family members or multiple people at one time
- Plan for tomorrow to alleviate impulsive trips out of the house, have organized family time, games, puzzles, events, a specific tv show etc.
- FaceTime or call family and friends to keep in touch and break up the feeling of isolation
- Spring Clean!
- Read
- Wash your hands as often as possible and after any touch surface contact
- Stay home if you are sick, except to get medical care. Learn what to do if you are sick.

## **STAY AT HOME IF YOU ARE SICK!**

### Things you can do to support yourself

- Take breaks from watching, reading, or listening to news stories, including social media. Hearing about the pandemic repeatedly can be upsetting.
- Take care of your body. Take deep breaths, stretch, or meditate. Try to eat healthy, well-balanced meals, exercise regularly, get plenty of sleep, and avoid alcohol and drugs.
- Make time to unwind. Try to do some other activities you enjoy.
- Connect with others. Talk with people you trust about your concerns and how you are feeling.
- Only share or discuss accurate information, remain calm and confident.

- Clean AND disinfect frequently touched surfaces daily. This includes tables, doorknobs, light switches, countertops, handles, desks, phones, keyboards, toilets, faucets, and sinks.
- If surfaces are dirty, clean them: Use detergent or soap and water prior to disinfection.