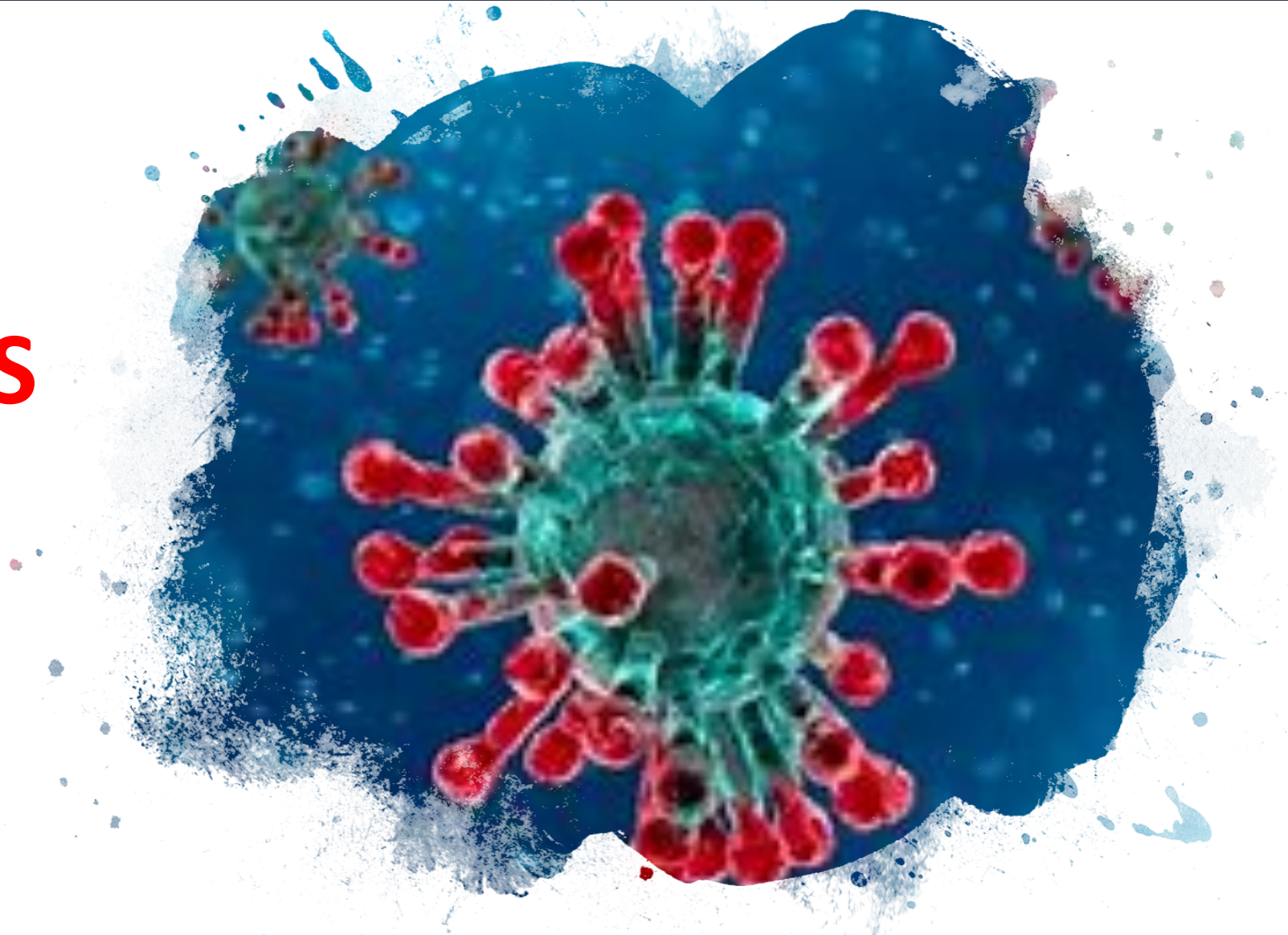




CORONAVIRUS COVID-19



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Source: European Union Centers for Disease Control

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What you should know



Evidence suggests this virus transmits readily by respiratory droplets and contact. This suggests that transmission in a workplace/business setting is likely either directly via close contact or indirectly via contaminated surfaces and/or objects (fomites).

This risk could be greater if employees/clients share workstations.

Important for these settings to implement appropriate public health measures to prevent and reduce the spread of COVID-19 amongst employees, contractors, and clients.



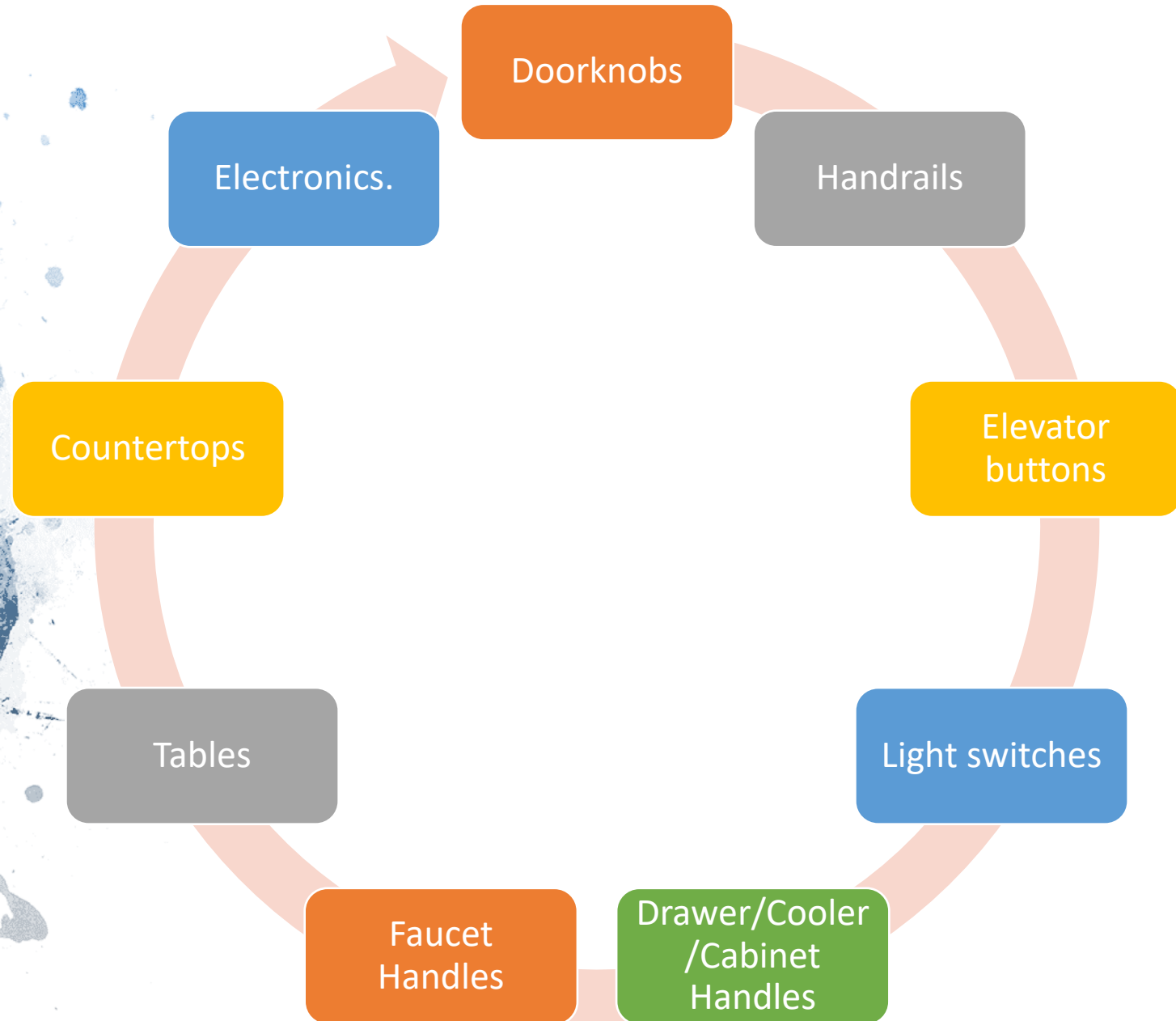
It is possible that cases transmit the virus in the early phase of their illness, when their symptoms are non-specific or mild.

Epidemiology COVID-19

Epidemiologic evidence suggests that COVID-19 manifests as a non-severe disease in most cases (~80 %), with a smaller proportion of cases developing severe pneumonia, and some dying. People at higher risk of complications and severe disease include the elderly, and people with underlying chronic or immunocompromising medical conditions.

The estimated incubation period is 5-6 days on average, ranging from 1 to 14 days. People who have been exposed in the community or while traveling could become ill and contagious at the workplace/business setting.

Surfaces frequently touched with hands are most likely to be contaminated



Products shipped within or from outside of United States could also be contaminated

However, because parcels generally take days or weeks to be delivered, and are shipped at room temperature, the risk of spread is **low**. There is no known risk of coronaviruses entering United States on parcels or packages.

It is not yet known how long the virus causing COVID-19 lives on surfaces, however, early evidence suggests it can live on objects and surfaces from a few hours to days.

Proper hygiene can help reduce the risk of infection or spreading infection to others



Wash your hands often with soap and water for at least 20 seconds

Especially after using the washroom and when preparing food

Use over the counter alcohol-based hand sanitizer at least 70% (benzalkonium chloride, ethyl alcohol, and isopropyl alcohol), if soap and water are not available



When coughing or sneezing:

Cough or sneeze into a tissue or the bend of your arm, not your hand.

Dispose of any tissues you have used as soon as possible in a lined waste basket and wash your hands afterwards.



Avoid touching your eyes, nose, or mouth with unwashed hands.

Necessary Facilities and Cleaning Products to maintain a Clean and Safe Workplace



Provide access to handwashing facilities and place hand sanitizing dispensers in prominent locations throughout the workplace.



Ensure that high traffic work areas or frequently touched surfaces are cleaned and disinfected more often.



Ensure that cleaning supplies are available for employees to clean and disinfect their workspaces.



Provide employees with any personal protective equipment recommended by occupational health and safety guidelines, and training to ensure it is used correctly.

Choose a Product which Cleans and Disinfects

- When cleaning public spaces, choose products that clean and disinfect all at once (e.g. premixed store-bought disinfectant cleaning solutions and/or wipes when available).
 - Cleaning products remove germs, dirt, and impurities from surfaces by using soap (or detergent) and water. Cleaning does not necessarily kill germs, but by removing them, it lowers their numbers and the risk of spreading infection.
 - Disinfecting products kill germs on surfaces using chemicals.
 - Use only EPA-approved hard-surface disinfectants:
<https://www.epa.gov/pesticide-registration/list-n-disinfectants-use-against-sars-cov-2>

Create a Cleaning Procedure

Operators should develop or review protocols and procedures for cleaning spaces.

This will help determine where improvements or additional cleaning may be needed

If you cannot have an EPA-approved disinfectant, bleach mixed with water is an effective disinfectant, as follows:

- Read and follow manufacturer's instructions for safe use of cleaning and disinfection products (e.g. wear gloves, use in well-ventilated area, allow enough contact time for disinfectant to kill germs based on the product being used).

To make a bleach solution, mix:

5 tablespoons (1/3rd cup) bleach per gallon of water

OR

4 teaspoons bleach per quart of water

Create a Cleaning Procedure

- Use damp cleaning methods such as damp clean cloths, and/or a wet mop. Do not dust or sweep which can distribute virus droplets into the air.
- Contaminated disposable cleaning items (e.g. mop heads, cloths) should be placed in a lined garbage bin before disposing of them with regular waste.
- Reusable cleaning items can be washed using regular laundry soap and hot water (140°F-194°F). Clean and disinfect surfaces that people touch often.
- Wash hands with soap and water or use alcohol-based hand sanitizer at least 70% after removing gloves.
- In addition to routine cleaning, surfaces that are frequently touched with hands should be cleaned and disinfected more often, as well as when visibly dirty.
- Shared spaces such as kitchens and bathrooms should also be cleaned more often.

We can all do our part in preventing the spread
of **COVID-19**.



Thank you.

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