



DAILY TOOLBOX TALK/SAFETY STANDOWN

As the number of Coronavirus (COVID-19) cases grows, I want to make sure everyone gets the proper information on symptoms and protocols. Please find below a breakdown of symptoms to distinguish between the COVID-19, Flu, and Allergies.

The CDC reports the following are symptoms of **COVID-19**:

- Cough (Dry Cough)
- Fever
- Shortness of breath
- May appear 2-14 days after exposure
- This exposure period may become shorter as time the goes on.
- Please check on the CDC website for more information or updates.

The following are symptoms of the flu:

- fever, or feeling feverish/chills
- cough
- sore throat
- runny or stuffy nose
- muscle or body aches
- headaches
- fatigue (tiredness)
- some people may have vomiting and diarrhea, though this is more common in children than adults

The following are symptoms of allergies:

- Sneezing
- Itchy, running, or blocked nose
- Itchy, red, watering eyes

If you start to display symptoms, please alert your company's onsite foreman and Axis Constructions on-site superintendent immediately to inform them of the situation. If you are experiencing the CDC identified virus symptoms, contact your physician to be screened and if appropriate, be tested for the virus. If you have a fever (100 degrees or above), you must stay home.

Do not return to work unless you have no fever for at least 72 hours (without using fever-reducing medication), any other symptoms are gone, and at least 7 days have passed since a physician has examined you and has given you medical clearance to return to work.

If you have agreed to Axis construction policies that have been presented here at today's toolbox talk / stand down And do not display symptoms, you are expected to work.

To avoid the spread of COVID-19 visit [CDC.gov](https://www.cdc.gov/coronavirus/2019-ncov/about/prevention-treatment.html) (<https://www.cdc.gov/coronavirus/2019-ncov/about/prevention-treatment.html>):

Clean your hands often

- Wash your hands often with soap and water for at least 20 seconds, especially after you have been in a public place, or after blowing your nose, coughing, or sneezing.
- If soap and water are not readily available, use a hand sanitizer that contains at least 60% alcohol. Cover all surfaces of your hands and rub them together until they feel dry.
- Avoid touching your eyes, nose, and mouth with unwashed hands.



Avoid close contact

- Avoid close contact with people who are sick
- Put distance between yourself and other people if COVID-19 is spreading in your community. This is especially important for people who are at higher risk of getting very sick.

Stay home if you're sick

- Stay home if you are sick, except to get medical care. Learn what to do if you are sick.

Cover coughs and sneezes

- Cover your mouth and nose with a tissue when you cough or sneeze or use the inside of your elbow.
- Throw used tissues in the trash.
- Immediately wash your hands with soap and water for at least 20 seconds. If soap and water are not readily available, clean your hands with a hand sanitizer that contains at least 60% alcohol.

Wear a facemask if you are sick

- If you are sick: You should wear a facemask when you are around other people (e.g., sharing a room or vehicle) and before you enter a healthcare provider's office. If you are not able to wear a facemask (for example, because it causes trouble breathing), then you should do your best to cover your coughs and sneezes, and people who are caring for you should wear a facemask if they enter your room. Learn what to do if you are sick.
- If you are NOT sick: You do not need to wear a facemask unless you are caring for someone who is sick (and they are not able to wear a facemask). Facemasks may be in short supply and they should be saved for caregivers.

Clean and disinfect

- 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.
- To disinfect:
- most common EPA-registered household disinfectants will work. Use disinfectants appropriate for the surface.
- *Options include:*
- Diluting your household bleach.
- To make a bleach solution, mix: 5 tablespoons (1/3rd cup) bleach per gallon of water OR 4 teaspoons bleach per quart of water
- Follow the manufacturer's instructions for application and proper ventilation. Check to ensure the product is not past its expiration date. Never mix household bleach with ammonia or any other cleanser. Unexpired household bleach will be effective against coronaviruses when properly diluted.
- *Alcohol solutions:*
- Ensure the solution has at least 70% alcohol.
- Follow the manufacturer's instructions for all cleaning and disinfection products (e.g., concentration, application method and contact time, etc.).

Reminder:

- **Please be sure to keep in contact with your field supervisor and on-site Superintendent / Foreman to make sure your site is operational.**
- **If you are not feeling well, please be sure to contact your site super/ foreman immediately.**

We are committed to eradicating this virus by taking these steps and following guidelines disseminated by Government agencies.