Created: March 10, 2020	**Environmental Health and Safety Procedure**	
Created By: Darcy Ketner	Approved By: COVID-19 Response Team	Revision:2

COVID-19 Guidance and Contingency Plan

Contents	Page Number
Purpose	1
About COVID-19	1
How an Outbreak of COVID-19 Could Affect Workplaces	5
Safety Precautions	5
Confirmed Cases of COVID-19	6
Workplace Controls	6
Travel Information	9
Contingency Planning for COVID-19	10
Important Links	11
Appendix 1: COVID-19 What to Know Poster – English (Supplied by CDC)	12
Appendix 2: COVID-19 What to Know Poster – Spanish (Supplied by CDC)	13
Appendix 3: Stop the Spread of Germs Poster – English (Supplied by CDC)	14
Appendix 4: Stop the Spread of Germs Poster – Spanish (Supplied by CDC)	15

1. **Purpose**

   The purpose of this plan is to ensure all that all RelaDyne associates understand the proper procedures and precautions to use during the COVID-19 outbreak. This plan should also be utilized to help our facilities and customers understand contingency plans for operations.

2. **About COVID-19**

   a. What is COVID-19

   Coronavirus disease 2019 (COVID-19) is disease caused by a strain of coronavirus diseases (e.g. SARS, etc.) that causes respiratory illness of the airways and lungs. Its caused by sever acute respiratory syndrome coronavirus 2 (SARS-CoV-2), a virus closely related to the SARS virus.

   b. How is COVID-19 Spread

   The virus is thought to spread mainly from person to-person, including:
   - Between people who are in close contact with one another (within about 6 feet).

Reliability in Motion.

- Through respiratory droplets produced when an infected person coughs or sneezes. These droplets can land in the mouths or noses of people who are nearby or possibly be inhaled into the lungs.

It may be possible that a person can get COVID-19 by touching a surface or object that has SARS-CoV-2 on it and then touching their own mouth, nose, or possibly their eyes, but this is not thought to be the primary way the virus spreads.

People are thought to be most contagious when they are most symptomatic (i.e., experiencing fever, cough, and/or shortness of breath). Some spread might be possible before people show symptoms. There have been reports of this type of asymptomatic transmission with this new coronavirus, but this is also not thought to be the main way the virus spreads.

Although the United States has implemented public health measures to limit the spread of the virus, it is likely that some person-to-person transmission will occur.

c. What are the symptoms of COVID-19?
    Infection with SARS-CoV-2, the virus that causes COVID-19, can cause illness ranging from mild to severe and, in some cases, can be fatal. Symptoms typically include fever, dry cough, and shortness of breath. Some people infected with the virus have reported experiencing other non-respiratory symptoms. Other people, referred to as asymptomatic cases, have experienced no symptoms at all.

    According to the CDC, symptoms of COVID-19 may appear in as few as 2 days or as long as 14 days after exposure.

d. Severe Complications
    Some patients have pneumonia in both lungs, multi-organ failure and in some cases death.

e. What to do if you believe you have COVID-19
    - **Call ahead:** Call the healthcare provider and tell them that you have or may have COVID-19. This will help the healthcare provider's office take steps to keep other people from getting infected or exposed. In the event of an emergency dial 911.

f. If a medical professional confirms you have COVID-19 follow these precautions:
    - **Stay at home until instructed to leave:**

Reliability in Motion.

1. Patients with confirmed COVID-19 should remain under home isolation precautions until the risk of secondary transmission to others is thought to be low.
2. Avoid public areas: Do not go to work, school, or public areas.
3. Avoid public transportation: Avoid using public transportation, ride-sharing, or taxis.

- S**eparate yourself from other people and animals in your home**
  1. Stay away from others: As much as possible, you should stay in a specific room and away from other people in your home. Also, you should use a separate bathroom, if available.
  2. Limit contact with pets & animals: You should restrict contact with pets and other animals while you are sick with COVID-19, just like you would around other people. Although there have not been reports of pets or other animals becoming sick with COVID-19, it is still recommended that people sick with COVID-19 limit contact with animals until more information is known about the virus.
  3. When possible, have another member of your household care for your animals while you are sick. If you are sick with COVID-19, avoid contact with your pet, including petting, snuggling, being kissed or licked, and sharing food. If you must care for your pet or be around animals while you are sick, wash your hands before and after you interact with pets and wear a facemask. See COVID-19 and Animals for more information.

- Cover your coughs and sneezes
  1. Cover: Cover your mouth and nose with a tissue when you cough or sneeze.
  2. Dispose: Throw used tissues in a lined trash can.
  3. Wash hands: Immediately wash your hands with soap and water for at least 20 seconds or, if soap and water are not available, clean your hands with an alcohol-based hand sanitizer that contains at least 60% alcohol.

- Clean your hands often
  1. Wash hands: Wash your hands often with soap and water for at least 20 seconds, especially after blowing your nose, coughing, or sneezing; going to the bathroom; and before eating or preparing food.

Reliability in Motion.

2. Hand sanitizer: If soap and water are not readily available, use an alcohol-based hand sanitizer with at least 60% alcohol, covering all surfaces of your hands and rubbing them together until they feel dry.

3. Soap and water: Soap and water are the best option if hands are visibly dirty.

4. Avoid touching: Avoid touching your eyes, nose, and mouth with unwashed hands.

- Avoid sharing personal household items and disinfect
  1. Do not share: You should not share dishes, drinking glasses, cups, eating utensils, towels, or bedding with other people or pets in your home.
  2. Wash thoroughly after use: After using these items, they should be washed thoroughly with soap and water.
  3. Clean and disinfect: Practice routine cleaning of high touch surfaces. *High touch surfaces include counters, tabletops, doorknobs, bathroom fixtures, toilets, phones, keyboards, tablets, and bedside tables.*
  4. Disinfect areas with bodily fluids: Also, clean any surfaces that may have blood, stool, or body fluids on them.

- Monitor your Symptoms
  1. Seek medical attention: Seek prompt medical attention if your illness is worsening (e.g., difficulty breathing).
  2. Call your doctor: Before seeking care, call your healthcare provider and tell them that you have, or are being evaluated for, COVID-19.
  3. Wear a facemask when sick: Put on a facemask before you enter the facility. These steps will help the healthcare provider's office to keep other people in the office or waiting room from getting infected or exposed.
  4. Alert health department: Ask your healthcare provider to call the local or state health department. Persons who are placed under active monitoring or facilitated self-monitoring should follow instructions provided by their local health department or occupational health professionals, as appropriate.

3. **How an Outbreak of COVID-19 Could Affect Workplaces**
COVID-19 has the potential to cause extensive outbreaks. Under conditions associated with widespread person-to person spread, multiple areas of the United States and other countries have

Reliability in Motion.

seen multiple impact. In the absence of a vaccine, an outbreak may also be an extended event, which is the case with COVID-19. As a result, workplaces may experience:

- Absenteeism. Workers may be absent from work due to their own serious medical health conditions or to care for their dependents.
- Change in patterns of commerce. Consumer demand for items related to infection prevention (e.g., respirators) is likely to increase significantly, while consumer interest in other goods may decline. Consumers may also change shopping patterns because of a COVID-19 outbreak. Consumers may try to shop at off-peak hours to reduce contact with other people, show increased interest in home delivery services, or prefer other options, such as drive through service, to reduce person-to-person contact.
- Interrupted supply/delivery. Shipments of items from geographic areas severely affected by COVID-19 may be delayed or cancelled with or without notification, which will influence supply and demand and commerce.

4. **Safety Precautions**

   a. Basic Infection Prevention
   Employers have a responsibility to protect their employees. For this reason, all employers should implement good hygiene and infection control practices, including:

   - Promote frequent and thorough hand washing, including by providing workers, customers, and worksite visitors with a place to wash their hands. If soap and running water are not immediately available, provide alcohol-based hand rubs containing at least 60% alcohol.
   - Encourage workers to stay home if they are sick.
   - Encourage respiratory etiquette, including covering coughs and sneezes.

   b. Preparing workplaces for COVID-19
   Provide customers and the public with tissues and trash receptacles.
   - Employers should explore whether they can establish policies and practices, such as flexible worksites (e.g., telecommuting) and flexible work hours (e.g., staggered shifts), to increase the physical distance among employees and between employees and others if state and local health authorities recommend the use of social distancing strategies.
   - Discourage workers from using other workers' phones, desks, offices, or other work tools and equipment, when possible.

- Maintain regular housekeeping practices, including routine cleaning and disinfecting of surfaces, equipment, and other elements of the work environment. When choosing cleaning chemicals, employers should consult information on Environmental Protection Agency (EPA)-approved disinfectant labels with claims against emerging viral pathogens. Products with EPA-approved emerging viral pathogens claims are expected to be effective against SARS-CoV-2 based on data for harder to kill viruses. Follow the manufacturer's instructions for use of all cleaning and disinfection products (e.g., concentration, application method and contact time, PPE)

c. Identification and Isolation of Sick Associates
Prompt identification and isolation of potentially infectious individuals is a critical step in protecting workers, customers, visitors, and others at a worksite.
1. Employers should inform and encourage employees to self-monitor for signs and symptoms of COVID-19 if they suspect possible exposure.
2. Employers should develop policies and procedures for employees to report when they are sick or experiencing symptoms of COVID-19.
3. Where appropriate, employers should develop policies and procedures for immediately isolating people who have signs and/or symptoms of COVID-19 and ask associates to go home or seek medical attention.

5. **Confirmed Cases of COVID-19**
If one of our associates is confirmed to have COVID-19 the following steps should be implemented:
- Ask for the associate to self-quarantine if that has not already been done.
- Contact corporate VP of HR and/or Director of EHS as soon as possible.
- Allow corporate to assess the totality of the situation and determine next steps.

6. **Workplace Controls**
Occupational safety and health professionals use a framework called the "hierarchy of controls" to select ways of controlling workplace hazards. In other words, the best way to control a hazard is to systematically remove it from the workplace, rather than relying on workers to reduce their exposure. During a COVID-19 outbreak, when it may not be possible to eliminate the hazard, the most effective protection measures are (listed from most effective to least effective): engineering controls, administrative controls, safe work practices (a type of administrative control), and PPE. There are advantages and disadvantages to each type of control measure when considering the

Reliability in Motion.

ease of implementation, effectiveness, and cost. In most cases, a combination of control measures will be necessary to protect workers from exposure to SARS-CoV-2.

In addition to the types of workplace controls discussed below, CDC guidance for businesses provides employers and workers with recommended SARS-CoV-2 infection prevention strategies to implement in workplaces: www.cdc.gov/coronavirus/2019ncov/specific-groups/guidance-business-response.html.

Engineering Controls Engineering controls involve isolating employees from work-related hazards. In workplaces where appropriate, these types of controls reduce exposure to hazards without relying on worker behavior and can be the most cost-effective solution to implement. Engineering controls for SARS-CoV-2 include:

- Installing high-efficiency air filters.
- Increasing ventilation rates in the work environment.
- Installing physical barriers, such as clear plastic sneeze guards.
- Installing a drive-through window for customer service.
- Specialized negative pressure ventilation in some settings, such as for aerosol generating procedures (e.g., airborne infection isolation rooms in healthcare settings and specialized autopsy suites in mortuary settings).
- Administrative Controls Administrative controls require action by the worker or employer. Typically, administrative controls are changes in work policy or procedures to reduce or minimize exposure to a hazard. Examples of administrative controls for SARS-CoV-2 include:
- Encouraging sick workers to stay at home.
- Minimizing contact among workers, clients, and customers by replacing face-to-face meetings with virtual communications and implementing telework if feasible.
- Establishing alternating days or extra shifts that reduce the total number of employees in a facility at a given time, allowing them to maintain distance from one another while maintaining a full onsite work week.
- Discontinuing nonessential travel to locations with ongoing COVID-19 outbreaks. Regularly check CDC travel warning levels at: www.cdc.gov/coronavirus/2019-ncov/travelers.
- Developing emergency communications plans, including a forum for answering workers' concerns and internet-based communications, if feasible.
- Providing workers with up-to-date education and training on COVID-19 risk factors and protective behaviors (e.g., cough etiquette and care of PPE).
- Training workers who need to use protecting clothing and equipment how to put it on, use/wear it, and take it off correctly, including in the context of their current and potential

Reliability in Motion.

duties. Training material should be easy to understand and available in the appropriate language and literacy level for all workers.

- Safe Work Practices Safe work practices are types of administrative controls that include procedures for safe and proper work used to reduce the duration, frequency, or intensity of exposure to a hazard. Examples of safe work practices for SARS-CoV-2 include:

- Providing resources and a work environment that promotes personal hygiene. For example, provide tissues, no-touch trash cans, hand soap, alcohol-based hand rubs containing at least 60 percent alcohol, disinfectants, and disposable towels for workers to clean their work surfaces.

- Requiring regular hand washing or using of alcohol-based hand rubs. Workers should always wash hands when they are visibly soiled and after removing any PPE.

- Post handwashing signs in restrooms.

- Personal Protective Equipment (PPE) While engineering and administrative controls are considered more effective in minimizing exposure to SARS-CoV-2, PPE may also be needed to prevent certain exposures. While correctly using PPE can help prevent some exposures, it should not take the place of other prevention strategies.

- Examples of PPE include gloves, goggles, face shields, face masks, and respiratory protection, when appropriate. During an outbreak of an infectious disease, such as COVID-19, recommendations for PPE specific to occupations or job tasks may change depending on geographic location, updated risk assessments for workers, and information on PPE effectiveness in preventing the spread of COVID-19. Employers should check the OSHA and CDC websites regularly for updates about recommended PPE.

- All types of PPE must be:

- Selected based upon the hazard to the worker.

- Properly fitted and periodically refitted, as applicable (e.g., respirators).

- Consistently and properly worn when required.

- Regularly inspected, maintained, and replaced, as necessary.

- Properly removed, cleaned, and stored or disposed of, as applicable, to avoid contamination of self, others, or the environment.

7. **Travel Information**

   RelaDyne recognizes the CDC's recommendations on travel and their notification system, at a minimum we will follow the CDC's guidance.

Reliability in Motion.

CDC's Tiered Warning System:

Warning Level 3	**Warning Level 3 (Red)**: **Avoid all non-essential travel** to this destination. The outbreak is of high risk to travelers and no precautions are available to protect against the identified increased risk.
Alert Level 2	**Alert Level 2 (Yellow)**: **Practice enhanced precautions** for this destination. The Travel Health Notice describes additional precautions added or defines a specific at-risk population.
Watch Level 1	**Watch Level 1 (Green)**: **Practice usual precautions** for this destination, as described in the Travel Health Notice and/or on the destination page. This includes being up-to-date on all recommended vaccines and practicing appropriate mosquito avoidance.

a. Travel to a Level 3 Zone: RelaDyne will not allow travel from individuals who reside outside of a Level 3 Zone into that zone. If a RelaDyne associate travels to an area that is moved to a Level 3 during travel, the follow precautions would be taken to return that person home:

- Issue the associate the CDC COVID-19 Travel Care Kit
- The associate would be asked to quarantine themselves from the workplace or customer locations for 14 days.
- Take their temperature with a thermometer two times a day and monitor for fever. Also watch for cough or trouble breathing.
- Do not take public transportation, taxis, or ride-shares during the time you are practicing social distancing.
- Avoid crowded places (such as shopping centers and movie theaters) and limit your activities in public.
- Keep your distance from others (about 6 feet or 2 meters).
- If you believe you have COVID-19 follow steps in 2e and 2f of this plan.

b. Travel to a Level 2 Zone: RelaDyne travel to Level 2 Zones shall be limited to essential travel only. Anyone associates that need to travel to a Level 2 Zone shall also consult with their personal doctor prior to travel. Additional Precautions to take:

- Issue the Associate the CDC COVID-19 Travel Care Kit
- Avoid contact with sick people.
- Avoid touching your eyes, nose, or mouth with unwashed hands.
- Clean your hands often by washing them with soap and water for at least 20 seconds or using an alcohol-based hand sanitizer that contains at 60%–95% alcohol. Soap and water should be used if hands are visibly dirty.
- It is especially important to clean hands after going to the bathroom; before eating; and after coughing, sneezing or blowing your nose.

Reliability in Motion.

- Limit contact with others and monitor your health for 14 days after returning to the United States.
- Avoid traveling if you are sick.
- If you believe you have COVID-19 follow steps in 2e and 2f of this plan.

c. Travel to a Level 1 Zone: Any RelaDyne associate traveling to a Leve 1 Zone shall take the following precautions:

- Avoid contact with sick people.
- Avoid touching your eyes, nose, or mouth with unwashed hands.
- Clean your hands often by washing them with soap and water for at least 20 seconds or using an alcohol-based hand sanitizer that contains at 60%–95% alcohol. Soap and water should be used if hands are visibly dirty.
  - It is especially important to clean hands after going to the bathroom; before eating; and after coughing, sneezing or blowing your nose.
- Pay attention to your health during travel and for 14 days after you leave.
- If you believe you have COVID-19 follow steps in 2e and 2f of this plan.

8. **Contingency Planning for COVID-19**

RelaDyne is committed to providing a safe and healthy workplace for all associates as well as having a safe and healthy interface with our customers, vendors and visitors. During the COVID-19 situation we plan to operate day-to-day business as normal. We will continually monitor the COVID-19 situation and ensure the company is prepared. RelaDyne operates multiple facilities in the United States and in the event one facility is closed we would utilize another facility to maintain operations.

- COVID-19 Response Team – RelaDyne leadership has appointed a COVID-19 Response Team that will meet on a regular basis to discuss current activity. The team will help ensure all workplace precautions are put into place and assess any potential COVID-19 cases. This team has members from the operations team to ensure where there may be changes in day to day operations, we can make a smooth transfer.

- COVID-19 Response Team:

Team Member Name	Role
Juan A. Garcia	HR Representative
Jen Graft	ELT Representative – Lead Communications
Darcy Ketner	EHS Representative
Ron LaBusch	ELT Representative - COO
Richard Oaks	Regional Operations Representative

Reliability in Motion.

Paul McCusker	Regional Operations Representative
Ashley Rickman	Marketing Representative
Adam Starr	Operations Representative
Krista Somershoe	HR Representative

- Facility Closures – Facilities will only be closed on a necessary basis. If an associate or someone that has visited the facility has tested positive for COVID-19, a needs assessment will be completed to determine next steps. Only if there is a heightened risk of exposure will the company close a facility. We will utilize safety precautions and workplace controls as mentioned in sections 4 and 6 of this plan. If a facility is closed, we will determine an alternative solution to ensure continue business continuity, customer relations and product delivery.

9. Important Links:
   a. Centers for Disease Control and Prevention: https://www.cdc.gov/
   b. World Health Organization: https://www.who.int/
   c. Occupational Health and Safety Administration: www.osha.gov
10. Reference's
   a. OSHA, Guidance on Preparing Workplaces for COVID-19, OSHA 3990-03 2020, https://www.osha.gov/Publications/OSHA3990.pdf

Reliability in Motion.

Appendix 1:

What you need to know about coronavirus disease 2019 (COVID-19)

What is coronavirus disease 2019 (COVID-19)?

Coronavirus disease 2019 (COVID-19) is a respiratory illness that can spread from person to person. The virus that causes COVID-19 is a novel coronavirus that was first identified during an investigation into an outbreak in Wuhan, China.

Can people in the U.S. get COVID-19?

Yes. COVID-19 is spreading from person to person in parts of the United States. Risk of infection with COVID-19 is higher for people who are close contacts of someone known to have COVID-19, for example healthcare workers, or household members. Other people at higher risk for infection are those who live in or have recently been in an area with ongoing spread of COVID-19. Learn more about places with ongoing spread at https://www.cdc.gov/coronavirus/2019-ncov/about/transmission.html#geographic.

Have there been cases of COVID-19 in the U.S.?

Yes. The first case of COVID-19 in the United States was reported on January 21, 2020. The current count of cases of COVID-19 in the United States is available on CDC's webpage at https://www.cdc.gov/coronavirus/2019-ncov/cases-in-us.html.

How does COVID-19 spread?

The virus that causes COVID-19 probably emerged from an animal source, but is now spreading from person to person. The virus is thought to spread mainly between people who are in close contact with one another (within about 6 feet) through respiratory droplets produced when an infected person coughs or sneezes. It also may be possible that a person can get COVID-19 by touching a surface or object that has the virus on it and then touching their own mouth, nose, or possibly their eyes, but this is not thought to be the main way the virus spreads. Learn what is known about the spread of newly emerged coronaviruses at https://www.cdc.gov/coronavirus/2019-ncov/about/transmission.html.

What are the symptoms of COVID-19?

Patients with COVID-19 have had mild to severe respiratory illness with symptoms of

- fever
- cough
- shortness of breath

What are severe complications from this virus?

Some patients have pneumonia in both lungs, multi-organ failure and in some cases death.

How can I help protect myself?

People can help protect themselves from respiratory illness with everyday preventive actions.
- Avoid close contact with people who are sick.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Wash your hands often with soap and water for at least 20 seconds. Use an alcohol-based hand sanitizer that contains at least 60% alcohol if soap and water are not available.

If you are sick, to keep from spreading respiratory illness to others, you should

- Stay home when you are sick.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash.
- Clean and disinfect frequently touched objects and surfaces.

What should I do if I recently traveled from an area with ongoing spread of COVID-19?

If you have traveled from an affected area, there may be restrictions on your movements for up to 2 weeks. If you develop symptoms during that period (fever, cough, trouble breathing), seek medical advice. Call the office of your health care provider before you go, and tell them about your travel and your symptoms. They will give you instructions on how to get care without exposing other people to your illness. While sick, avoid contact with people, don't go out and delay any travel to reduce the possibility of spreading illness to others.

Is there a vaccine?

There is currently no vaccine to protect against COVID-19. The best way to prevent infection is to take everyday preventive actions, like avoiding close contact with people who are sick and washing your hands often.

Is there a treatment?

There is no specific antiviral treatment for COVID-19. People with COVID-19 can seek medical care to help relieve symptoms.

For more information: **www.cdc.gov/COVID19**

CS 314937-A   03/03/2020

Appendix 2:

Lo que necesita saber sobre la enfermedad del coronavirus 2019(COVID-19)

¿Qué es la enfermedad del coronavirus 2019 (COVID-19)?

La enfermedad del coronavirus 2019 (COVID-19) es una afección respiratoria que se puede propagar de persona a persona. El virus que causa el COVID-19 es un nuevo coronavirus que se identificó por primera vez durante la investigación de un brote en Wuhan, China.

¿Pueden las personas en los EE. UU. contraer el COVID-19?

El COVID-19 se está propagando de persona a persona en China y se ha detectado propagación limitada entre contactos cercanos en algunos países fuera de China, incluso en los Estados Unidos. En la actualidad, sin embargo, este virus NO se está propagando en comunidades en los Estados Unidos. En estos momentos, el mayor riesgo de infección es para las personas en China o las personas que han viajado a China. El riesgo de infección depende de la exposición. Los contactos cercanos de las personas infectadas tienen un riesgo mayor de exposición, por ejemplo, los trabajadores del sector de la salud y los contactos cercanos de las personas infectadas por el virus que causa el COVID-19. Los CDC continúan vigilando de cerca la situación.

¿Ha habido casos de COVID-19 en los EE. UU.?

Sí. El primer caso de COVID-19 en los Estados Unidos se notificó el 21 de enero del 2020. La cantidad actual de casos de COVID-19 en los Estados Unidos está disponible en la página web de los CDC en https://www.cdc.gov/coronavirus/2019-ncov/ cases-in-us.html.

¿Cómo se propaga el COVID-19?

Es probable que el virus que causa el COVID-19 haya surgido de una fuente animal, pero parece que ahora se está propagando de persona a persona. Es importante notar que la propagación de persona a persona puede darse en un proceso continuo. Algunas enfermedades son altamente contagiosas (como el sarampión), mientras que otras enfermedades no lo son tanto. En estos momentos, no está claro qué tan fácil o con qué continuidad el virus que causa el COVID-19 se esté propagando entre las personas. Infórmese sobre lo que se sabe acerca de la propagación del coronavirus de reciente aparición en https://www.cdc.gov/coronavirus/2019-ncov/about/transmission-sp.html.

¿Cuáles son los síntomas del COVID-19?

Los pacientes con COVID-19 han tenido enfermedad respiratoria de leve a grave con los siguientes síntomas:
- fiebre
- tos
- dificultad para respirar

¿Cuáles son las complicaciones graves provocadas por este virus?

Muchos pacientes tienen neumonía en ambos pulmones.

¿Qué puedo hacer para ayudar a protegerme?

La mejor manera de prevenir la infección es evitar la exposición al virus que causa el COVID-19.
Hay medidas simples preventivas y cotidianas para ayudar a prevenir la propagación de virus respiratorios. Estas incluyen las siguientes:
- Evitar el contacto cercano con personas enfermas.
- Evitar tocarse los ojos, la nariz y la boca con las manos sin lavar.
- Lavarse frecuentemente las manos con agua y jabón por al menos 20 segundos. Usar un desinfectante de manos que contenga al menos un 60 % de alcohol si no hay agua y jabón disponibles.
- Si está enfermo, para prevenir la propagación de la enfermedad respiratoria a los demás, debería hacer lo siguiente:
- Quedarse en casa si está enfermo.
- Cubrirse la nariz y la boca con un pañuelo desechable al toser o estornudar y luego botarlo a la basura.
- Limpiar y desinfectar los objetos y las superficies que se tocan frecuentemente.

¿Qué debo hacer si recientemente viajé a China y me enfermé?

Si estuvo en China en los últimos 14 días, se siente enfermo y tiene fiebre, tos o dificultad para respirar, debería buscar atención médica. Llame al consultorio de su proveedor de atención médica antes de ir y dígales sobre su viaje y sus síntomas. Ellos le darán instrucciones sobre cómo conseguir atención médica sin exponer a los demás a su enfermedad. Mientras esté enfermo, evite el contacto con otras personas, no salga y postergue cualquier viaje para reducir la posibilidad de propagar la enfermedad a los demás.

¿Hay alguna vacuna?

En la actualidad no existe una vacuna que proteja contra el COVID-19. La mejor manera de prevenir la infección es evitar la exposición al virus que causa el COVID-19.

¿Existe un tratamiento?

No hay un tratamiento antiviral específico para el COVID-19. Las personas con el COVID-19 pueden buscar atención médica para ayudar a aliviar los síntomas.

CS 314937-I 02/04/2020

Para obtener más información: **www.cdc.gov/COVID19-es**

Appendix 3:

## STOP THE SPREAD OF GERMS

Help prevent the spread of respiratory diseases like COVID-19.

Avoid close contact with people who are sick.

Cover your cough or sneeze with a tissue, then throw the tissue in the trash.

Avoid touching your eyes, nose, and mouth.
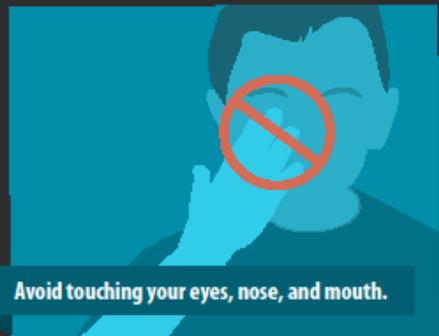
Clean and disinfect frequently touched objects and surfaces.

Stay home when you are sick, except to get medical care.

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

For more information: www.cdc.gov/COVID19

CS314915-A

Appendix 4:

Reliability in Motion.

RelaDyne®

COVID 19
ENFERMEDAD DEL CORONAVIRUS

DETENGA LA PROPAGACIÓN DE LOS MICROBIOS

Ayude a prevenir la propagación de virus respiratorios como el nuevo COVID-19.

Evite el contacto cercano con las personas enfermas.

Cúbrase la nariz y la boca con un pañuelo desechable al toser o estornudar y luego bótelo a la basura.
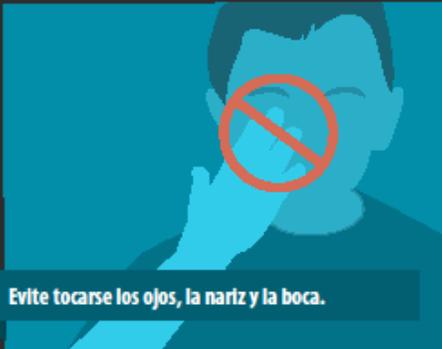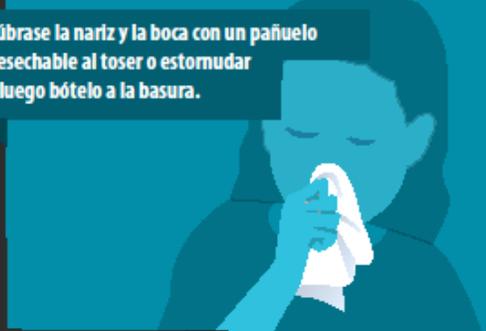
Limpie y desinfecte los objetos y las superficies que se tocan frecuentemente.

Evite tocarse los ojos, la nariz y la boca.

Quédese en casa si está enfermo, excepto para buscar atención médica.

Lávese las manos frecuentemente con agua y jabón por al menos 20 segundos.

Para obtener más información: www.cdc.gov/COVID19-es

CS314915-B

Reliability in Motion.