COVID-19 (Corona Virus) Weekly Toolbox Talk Safety Meeting

Attendance Sign- In:	What are the symptoms of COVID-19?
	 Symptoms for COVID-19 include fever/chills and shortness of breat
	cough or sore throat.
	How does COVID-19 spread?
	 COVID-19 is thought to spread mainly from person to person through coughing or sneezing.
	It may also be spread when people touch something with the virus of
	it then touch their mouth or nose.
	Symptoms usually appear 7-14 days after exposure.
	Who is at higher risk for COVID-19 complications?
	Pregnant women, and children or adults with underlying conditions
	such as asthma, diabetes, suppressed immune systems, heart disease
	and kidney disease, are more likely to have complications.
	How severe is illness associated with COVID-19?
	 Illness has ranged from mild to severe. Most people have recovered without needing medical treatment. However, hospitalizations and
	deaths have occurred.
	How do I protect myself?
	Practice good hygiene!
	 Avoid close contact with people who are sick.
	 Avoid touching your eyes, nose and mouth.
	• 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 using a
	regular household cleaning spray or wipe.
	Wash your hands often with soap and water for at least 20 second. A solution of the property of the
	especially after going to the bathroom; before eating; and after
	blowing your nose, coughing, or sneezing. - If soap and water are not readily available, use an alcohol-based
	hand sanitizer with at least
	60% alcohol. Always wash hands with soap and water if hands are
	visibly dirty
	Stigma hurts everyone by creating more fear or anger toward
	ordinary people instead of the disease that is causing the
	problem. We can fight stigma and avoid hurting others by
	providing social support. We can communicate the facts that
	being Chinese or Asian-American does not
	increase the chance of getting or spreading COVID-19
	Other safety topics discussed:
	
	
	

Date:______Jobsite_____Leader____