

# Coronavirus



The coronavirus, or COVID-19, is a respiratory illness that can spread from person to person. Due to the nature of this emerging, rapidly evolving situation, it's important to focus on prevention.

*Employers should take this opportunity to discuss some of the actions their organization is taking to ensure a safe working environment.*

## WHAT EMPLOYEES CAN DO

To prevent the spread of illness, NSC echoes CDC, NIOSH and U.S. Department of State recommendations regarding personal hygiene, understanding that these measures can help protect everyone at work and beyond:

- Practice proper infection control and sterilization measures
- Frequently wash hands with soap and water; if soap and water are not available, use alcohol-based hand sanitizer with at least 60% alcohol
- Avoid touching your eyes, nose or mouth with unwashed hands
- Avoid close contact with people who are sick
- Stay home when you are sick and report flu-like symptoms to your supervisor immediately
- Talk to your supervisor if you have upcoming business to non-Level 3 areas and have concerns about traveling. Discuss ways to ensure business objectives are met if you do not travel.
- Self-quarantine for at least 14 days if you are returning from an area with heightened levels of coronavirus activity or have been directly exposed to a person who has tested positive for coronavirus
- Talk to your supervisor about remote work options



An employer's most vital task is the safety of their workers. For more information on preventing COVID-19, go to [cdc.gov](https://www.cdc.gov), [OSHA.gov](https://www.osha.gov) and [who.int](https://www.who.int).

