

Johns Hopkins Education and Research Center  
Continuing Education & Outreach Programs

Resource Page

COVID19 Question & Answers for Occupational Health Professionals

*What is COVID-19?*

'CO'=corona, 'VI'=virus, and 'D'=disease

COVID19 is a disease caused by a novel (new) coronavirus, SARS-CoV-2

SARS-CoV-2 is an abbreviation for Severe Acute Respiratory Syndrome Coronavirus 2

*Why is it called COVID-19?*

The World Health Organization (WHO) names new infectious diseases.

It has also been called the 2019 novel coronavirus or 2019-nCoV.

*Where did COVID19 come from?*

The disease was first identified in Wuhan China in December 2019.

The SARS-COV2 virus originates from bats, like the MERS-CoV and SARS-CoV viruses.

*How is the SARS-COV2 virus spread?*

The virus is spread person to person by droplets. This occurs when someone coughs or sneezes. The further away from the infected person, the less likely you are to be exposed to the virus. Public health experts have suggested that a distance of 6 feet from an infected individual would greatly reduce exposure to the virus.

Many people have been infected and have no know exposure. They have most likely been infected by "community spread". Asymptomatic and pre-symptomatic people can spread the virus. CDC states that the incubation period is most likely 2-14 days and therefore people are asked to quarantine a minimum of 14 days after exposure to an infected individual.

*Where can I find the Johns Hopkins COVID-19 map?*

<https://coronavirus.jhu.edu/data>

*How should I protect myself from infection?*

- Wash hands frequently, for 20 seconds minimum.
  - If soap and water not available, use hand sanitizer with at least 60% alcohol.

- Wash hands after touching mouth, nose, or face, or if you cough.
- *Cough or sneeze into your elbow. If you use tissue, flush it or put in trash.*
- *Stay home as much as possible.*
- *Social distancing when you have to go out. This means 6ft away from another person.*
- *Wear face coverings to protect others in case you are sick.*
- *Clean and disinfect surfaced and items touched in your home or office*

*How do I clean and disinfect thing I may have touched?*

- Wear disposable gloves while performing cleaning duties
- If area is dirty, clean with detergent
- Disinfect with an EPA registered disinfectant
  - <https://www.epa.gov/pesticide-registration/list-n-disinfectants-use-against-sars-cov-2>
  - Household bleach can be used on hard surfaces (1/3 c. per gallon of water or 4 tsp per quart). Never mix bleach with ammonia.
- Wash clothes and other items at the highest temperature the item can be laundered. Dry in dryer at hottest temperature tolerated.
- Clean electronics with manufacture-approved products. If no guidance, 70% alcohol-based wipes or spray may be used
- If you are cleaning an area where someone has been sick with COVID-19, isolate the area. Try to wait 24 hours before cleaning the area if the infected person has left the area (e.g. office setting) Ventilate with fresh air and fans to circulate the air.

<https://www.cdc.gov/coronavirus/2019-ncov/community/organizations/cleaning-disinfection.html>

*What are symptoms of COVID-19?*

According to the CDC, you may have a combination of these symptoms:

- Cough
- Shortness of breath/ difficulty breathing
- Silent hypoxia
- Fever
- Chills
- Repeated Shaking
- Muscle pain
- Headache
- Sore Throat
- Loss of taste and smell

*Does COVID-19 cause immunity to further disease?*

*It is unknow if individuals who have recovered from COVID-19 infections can be reinfected. Further study needs to be done.*

*Are there proven treatments for COVID-19?*

There are no proven treatments for COVID-19 at this time. Various drugs and therapies are being investigated. There are anecdotal reports that some drugs and therapies have been effective in treating the disease, but we will have to wait for evidence from well designed, double blinded research studies to know for sure.

*Should I wear a mask or face covering?*

Many governors have mandated masks or face coverings when you are out in public. The purpose of a mask or face covering is to prevent you from spreading droplets to others.

## *COVID19 Guidance Documents*

*CDC Contact Tracing Resources*

<https://www.cdc.gov/coronavirus/2019-ncov/php/open-america/contact-tracing.html>

*A National Plan to Enable Comprehensive COVID-19 Case Finding and Contact Tracing in the U.S.*

[https://www.centerforhealthsecurity.org/our-work/pubs\\_archive/pubs-pdfs/2020/200410-national-plan-to-contact-tracing.pdf](https://www.centerforhealthsecurity.org/our-work/pubs_archive/pubs-pdfs/2020/200410-national-plan-to-contact-tracing.pdf)

*Recommendations for a metropolitan response to COVID-19?*

<https://www.jhsph.edu/covid-19/articles/covid-19-recommendations-for-a-metropolitan-response.html>

*Interim guidance from the Centers for Disease Control (CDC) and Occupational Safety and Health Administration (OSHA) for meat and poultry processing workers and employers*

<https://www.cdc.gov/coronavirus/2019-ncov/community/organizations/meat-poultry-processing-workers-employers.html>

*Best Practices for COVID-19 Safety in a Manufacturing Environment*

National Safety Council and ORCHSE

[https://d2n67lgg26bs0n.cloudfront.net/conf/0/230/asset\\_42300.mp4](https://d2n67lgg26bs0n.cloudfront.net/conf/0/230/asset_42300.mp4)

*Food Safety Resources*

Cornell University, Institute for Food Safety

<https://instituteforfoodsafety.cornell.edu/coronavirus-covid-19/food-industry-resources/>

Food and Drug Administration

<https://www.fda.gov/food/food-safety-during-emergencies/food-safety-and-coronavirus-disease-2019-covid-19>

*American Federation of State, County and Municipal Employees (AFSCME) Resources for Workers on the Front Lines*

<https://www.afscme.org/covid-19/resources>

*American Nurses Association (ANA)*

<https://www.nursingworld.org/practice-policy/work-environment/health-safety/disaster-preparedness/coronavirus/>

### *JHU Education and Research Center: Faculty Contributions*

*Resources from the International Association of Firefighters (IAFF)*

3/10/2020

Dr. Rivera presented as part of a panel at the IAFF Legislative Briefing on COVID-19:

<https://youtu.be/7i9NGmmtKZU>

3/20/2020

Dr. Rivera participated in a Facebook Live discussion with the Professional Firefighters Association of New Jersey (PFANJ) on COVID-19:

[https://www.facebook.com/watch/live/?v=207149030564395&ref=watch\\_permalink](https://www.facebook.com/watch/live/?v=207149030564395&ref=watch_permalink)

4/13/2020

Drs. Schwartz, Rule, Rivera and Pollack responded to American Public Transportation Association (APTA) member questions regarding COVID-19. The end product is a 23-page guide to protect transit riders and employees.

*The COVID-19 Pandemic Public Transportation Responds: Safeguarding Riders and Employees (4/12/2020)*

[https://www.apta.com/wp-content/uploads/COVID-19\\_Transit\\_Guide\\_FINAL\\_04132020.pdf](https://www.apta.com/wp-content/uploads/COVID-19_Transit_Guide_FINAL_04132020.pdf)

4/23/2020

Aisha Rivera participated as a panelist to discuss COVID-19 and the written guide. YouTube Video: American Public Transportation Association (APTA)

*Public Transportation Responds: Safeguarding Riders and Employers*

<https://register.gotowebinar.com/recording/2831839882779734535> 4/23/2020