



691 Industrial Boulevard, Bargersville, IN 46106
t: 317.736.8421 f: 317.422.4470 www.cms-corporation.com

Corona Virus (CONVID-19) Health Advisory and Work Site Precautions

Before Coming to Work

- If you have a cough, sneezing, and/or high temperature, shortness of breath, please do not come to work.

While at Work

- **Wash Hands** – Frequently and thoroughly with soap and water wash your hands for at least 20 seconds. If soap and water are not available, use hand sanitizer with at least 60% alcohol.
- **Cover** – Cover coughs and sneezes with a tissue or shirtsleeve.
- **Mask** – If preferred, wear a protective mask as long as it does not interfere with communication on a work task.
- **Gloves** – Wear gloves, or minimize touches surfaces that are used in common areas (stair rails, door handles, etc.)
- **Avoid** – touching your eyes, nose, and mouth with unwashed hands.
- **Distance** – Avoid contact with people who are sick.
- **Sick** – Go home immediately if you develop the above symptoms during the day.
- **Safety Managers** – Report any suspected ill personnel to the CMS Project Manager immediately.

How COVID-19 spreads

The disease most likely spreads the same way as similar respiratory illnesses.

- **Person-to-person contact:**
 - To become sick, you have to be exposed to the virus. CDC defines exposure as being within 6 feet (2 meters) of someone with a confirmed infection for a prolonged period.
 - Exposure can occur through respiratory droplets -- when an infected person coughs or sneezes, similar to how flu and other respiratory viruses spread.
- **Infected surfaces or objects:**
 - It may be possible to get COVID-19 by touching a surface or object that has the virus on it and then touching your mouth, nose, or possibly your eyes.
- **For these reasons, people at increased risk of infection are:**
 - People who have been to areas where widespread community transmission is occurring.
 - People who had direct close contact with someone who has COVID-19.

Symptoms and Severity

- Symptoms of COVID-19 include fever, cough, and shortness of breath.
- Illness can be severe and require hospitalization, but most individuals recover by resting, drinking plenty of liquids, and taking pain and fever-reducing medications.

If You Are Sick

It is important to call ahead before going to see a doctor or emergency room to prevent the spread of illness. Tell them your symptoms and that you suspect you were exposed to someone with COVID-19 or had recent travel to a place that is experiencing community spread.