

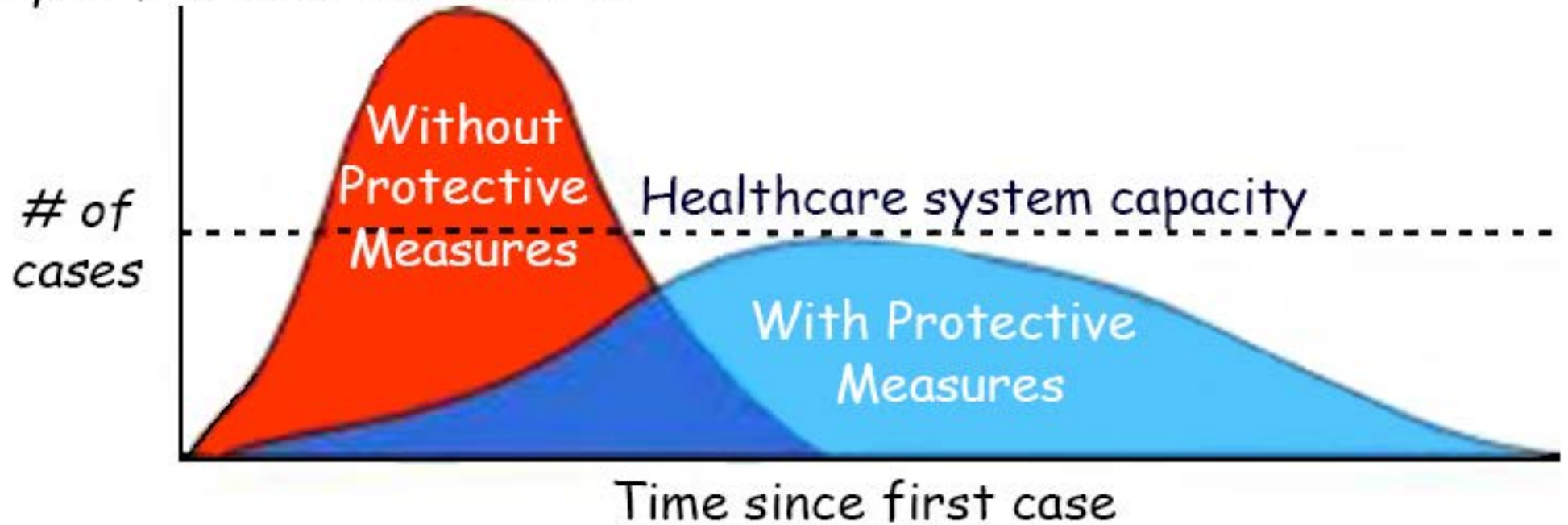
COVID-19

CCI
Response

Covid-19

Flatten the curve

Adapted from CDC/ The Economist



Slowing the Virus Saves Lives

COVID-19

How to Prevent the Spread

1. Don't touch your face

2. Cover your cough

3. Wash your hands frequently

Use purell if not able to wash hands



4. Social Distancing

Keep at least 6 feet away from other people



5. Use credit cards, not cash or coins

COVID-19 can be detected in aerosols up to 3 hours post aerosolization, up to 4 hours on copper, up to 24 hours on cardboard and up to 2-3 days on plastic and stainless steel.

6.

Stay home if you are sick

COVID-19

CCI Factory Guidelines



**At the end of each day:
Wipe down your work station
before you leave**



**Wash your hands
frequently**



Cough or sneeze into your
upper sleeve, not your hands.

Cover your cough



Cover your mouth and
nose with a tissue

**Maintain your distance, CDC
recommends 6 feet.**

COVID-19











BUSINESS AND PERSONAL TRAVEL

Control Concepts does not recommend any air travel at this time; and does not recommend travel to locations with known outbreaks. The CDC currently lags in identifying cases due to the shortage of test kits. Therefore, due to rapidly changing conditions, an outbreak could and/or is likely to occur at major cities and popular tourist destinations. You may experience quarantines at that location, leading to additional expenses due to out of network medical costs, extended travel costs, and other unforeseen expenses. Should you choose to travel, we would ask that you contact us before returning to get approval to return to work. We may require you to self-quarantine at home. This will be determined on a case by case basis depending on the current situation.

COVID-19

WebMD

COLD VS. FLU VS. CORONAVIRUS

SYMPTOMS	COLD	FLU	CORONAVIRUS** <small>(cases range from mild to serious)</small>
 Fever	Rare	High 100-102 F Can last 3-4 days	Common
 Headache	Rare	Intense	Can be present
 General Aches, Pains	Slight	Usual often severe	Can be present
 Fatigue, Weakness	Mild	Intense, Can last up to 2-3 weeks	Can be present
 Extreme Exhaustion	Never	Usual (starts early)	Can be present
 Stuffy Nose	Common	Sometimes	Has been reported
 Sneezing	Usual	Sometimes	Has been reported
 Sore Throat	Common	Common	Has been reported
 Cough	Mild to moderate	Common, Can become severe	Common
 Shortness of Breath	Rare	Rare	In more serious infections

Sources: National Institute of Allergy and Infectious Diseases, CDC, WHO.

**Information is evolving

Symptoms:

Fever

Cough

Shortness of Breath

Fatigue

Call the doctor!

COVID-19

If you think you have COVID-19

- 1. Stay Home: Don't come to work and avoid public areas, other than for medical purposes**
- 2. Call your doctor and monitor symptoms**
- 3. Isolate yourself from family members as much as possible.**
- 4. Alert Kathie (keliason@ccipower.com, 612-749-4132) or Cory (612-834-1225, cwatkins@ccipower.com) ASAP for decontamination purposes**

Timeline of coronavirus onset



ARDS=Acute respiratory distress syndrome

*Median time from onset of symptoms, including fever (in 98% of patients), cough (75%), myalgia or fatigue (44%), and others.

THE LANCET

To view the CDC's full guidelines:

<https://www.cdc.gov/coronavirus/2019-ncov/about/steps-when-sick.html>

What to do if you are sick with coronavirus disease 2019 (COVID-19)

If you are sick with COVID-19 or suspect you are infected with the virus that causes COVID-19, follow the steps below to help prevent the disease from spreading to people in your home and community.

Stay home except to get medical care

You should restrict activities outside your home, except for getting medical care. Do not go to work, school, or public areas. Avoid using public transportation, ride-sharing, or taxis.

Separate yourself from other people and animals in your home

People: 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.

Animals: Do not handle pets or other animals while sick. See [COVID-19 and Animals](#) for more information.

Call ahead before visiting your doctor

If you have a medical appointment, 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.

Wear a facemask

You should wear a facemask when you are around other people (e.g., sharing a room or vehicle) or pets and before you enter a healthcare provider's office. If you are not able to wear a facemask (for example, because it causes trouble breathing), then people who live with you should not stay in the same room with you, or they should wear a facemask if they enter your room.

Cover your coughs and sneezes

Cover your mouth and nose with a tissue when you cough or sneeze. Throw used tissues in a lined trash can; immediately wash your hands with soap and water for at least 20 seconds or clean your hands with an alcohol-based hand sanitizer that contains at least 60% alcohol covering all surfaces of your hands and rubbing them together until they feel dry. Soap and water should be used preferentially if hands are visibly dirty.

Avoid sharing personal household items

You should not share dishes, drinking glasses, cups, eating utensils, towels, or bedding with other people or pets in your home. After using these items, they should be washed thoroughly with soap and water.

Clean your hands often

Wash your hands often with soap and water for at least 20 seconds. If soap and water are not available, clean your hands with an alcohol-based hand sanitizer that contains at least 60% alcohol, covering all surfaces of your hands and rubbing them together until they feel dry. Soap and water should be used preferentially if hands are visibly dirty. Avoid touching your eyes, nose, and mouth with unwashed hands.

Clean all "high-touch" surfaces every day

High touch surfaces include counters, tabletops, doorknobs, bathroom fixtures, toilets, phones, keyboards, tablets, and bedside tables. Also, clean any surfaces that may have blood, stool, or body fluids on them. Use a household cleaning spray or wipe, according to the label instructions. Labels contain instructions for safe and effective use of the cleaning product including precautions you should take when applying the product, such as wearing gloves and making sure you have good ventilation during use of the product.

Monitor your symptoms

Seek prompt medical attention if your illness is worsening (e.g., difficulty breathing). **Before** seeking care, call your healthcare provider and tell them that you have, or are being evaluated for, COVID-19. 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.

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. When working with your local health department check their available hours.

If you have a medical emergency and need to call 911, notify the dispatch personnel that you have, or are being evaluated for COVID-19. If possible, put on a facemask before emergency medical services arrive.

Discontinuing home isolation

Patients with confirmed COVID-19 should remain under home isolation precautions until the risk of secondary transmission to others is thought to be low. The decision to discontinue home isolation precautions should be made on a case-by-case basis, in consultation with healthcare providers and state and local health departments.



For more information: www.cdc.gov/COVID19

COVID-19

Who to contact if you contract COVID-19

Personal Health Care Provider: _____

**Nice Health Care: (763) 412-1993
nice.healthcare/schedule**

**Cory Watkins: cwatkins@ccipower.com
(612) 834-1225**

**Kathie Eliason: keliason@ccipower.com
(612) 749-4132**

**For conference calls, time will be sent via text or
email:**

**Conf Call #: +1 (720) 650-5050
Conference ID: 673-740-032 #**

Join the meeting: <https://join.me/CCIPOWER12345>

CCI update page: ccipower.com/coronavirus

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