COVID-19 FAQ

Q: What is COVID-19?
A: COVID-19 is a virus strain. Health experts are closely monitoring the situation because little is known about this new virus and it has the potential to cause severe illness and pneumonia in some people.

Q: How does COVID-19 spread and what are the symptoms?
A: COVID-19 is primarily spread through respiratory droplets, which means to become infected, people generally must be within six feet of someone who is contagious and encounter these droplets.

It may be possible that a person can get COVID-19 by touching a surface or object that has the virus on it and then touching their own mouth, nose, or possibly their eyes, but this is not thought to be the main way the virus spreads. Symptoms of COVID-19 appear within 2 to 14 days after exposure and include fever, cough, runny nose and difficulty breathing.

Q: How long does it take for symptoms of COVID-19 to appear?
A: CDC believes at this time that symptoms of COVID-19 may appear in as few as 2 days, or as long as 14 days after exposure. There are isolated reports of individuals transmitting the infection to others before they develop symptoms.

Q: How easy is it to contract COVID-19?
A: Below is a graphic showing how infectious COVID-19 is as compared to other viruses. It is about as infectious as seasonal influenza.

Figure 1 https://www.popsci.com/story/health/wuhan-coronavirus-updates/
Q: How deadly is COVID-19?
A: The mortality rate is currently 2%, but some experts expect the true fatality rate to be closer to 1%. It is believed that mild cases of COVID-19 are going undetected. COVID-19 is significantly more lethal in the elderly population and those with preexisting conditions. In the general population, the mortality rate is similar to influenza.
Q: How can I protect myself from COVID-19?
A: Practice the following:

<table>
<thead>
<tr>
<th>AGE</th>
<th>DEATH RATE confirmed cases</th>
<th>DEATH RATE all cases</th>
</tr>
</thead>
<tbody>
<tr>
<td>80+ years old</td>
<td>21.9%</td>
<td>14.8%</td>
</tr>
<tr>
<td>70-79 years old</td>
<td>8.0%</td>
<td></td>
</tr>
<tr>
<td>60-69 years old</td>
<td>3.6%</td>
<td></td>
</tr>
<tr>
<td>50-59 years old</td>
<td>1.3%</td>
<td></td>
</tr>
<tr>
<td>40-49 years old</td>
<td>0.4%</td>
<td></td>
</tr>
<tr>
<td>30-39 years old</td>
<td>0.2%</td>
<td></td>
</tr>
<tr>
<td>20-29 years old</td>
<td>0.2%</td>
<td></td>
</tr>
<tr>
<td>10-19 years old</td>
<td>0.2%</td>
<td></td>
</tr>
<tr>
<td>0-9 years old</td>
<td>no fatalities</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>PRE-EXISTING CONDITION</th>
<th>DEATH RATE confirmed cases</th>
<th>DEATH RATE all cases</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cardiovascular disease</td>
<td>13.2%</td>
<td>10.5%</td>
</tr>
<tr>
<td>Diabetes</td>
<td>9.2%</td>
<td>7.3%</td>
</tr>
<tr>
<td>Chronic respiratory disease</td>
<td>8.0%</td>
<td>6.3%</td>
</tr>
<tr>
<td>Hypertension</td>
<td>8.4%</td>
<td>6.0%</td>
</tr>
<tr>
<td>Cancer</td>
<td>7.6%</td>
<td>5.6%</td>
</tr>
<tr>
<td>no pre-existing conditions</td>
<td></td>
<td>0.9%</td>
</tr>
</tbody>
</table>
• Wash your hands often with soap and water for at least 20 seconds. If soap and water are not available, use a hand sanitizer with at least 60% alcohol and rub your hands for at least 20 seconds.
• Avoid touching your eyes, nose and mouth with unwashed hands.
• Avoid close contact (within 6 feet) with people who are sick.
• Stay home when you are sick.
• Cover your cough or sneeze with a tissue, then throw the tissue in the trash.
• Standard household cleansers and wipes are effective in cleaning and disinfecting frequently touched objects and surfaces.

Q: How long can COVID-19 live outside the body on surfaces?

A: Because COVID-19 is a virus, it requires a host cell to reproduce. There are many variables to the survivability of the virus outside the body. The virus does not exist well in sunlight, wet surfaces, or extreme temperatures. The environment for the virus to survive must be just right.

Q: What should I do if I think I have COVID-19?

Steps to help prevent the spread of COVID-19 if you are sick

Follow the steps below: 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
- **Stay home**: People who are mildly ill with COVID-19 are able to isolate at home during their illness. You should restrict activities outside your home, except for getting medical care.
- **Avoid public areas**: Do not go to work, school, or public areas.
- **Avoid public transportation**: Avoid using public transportation, ridesharing, or taxis.

Separate yourself from other people and animals at home
- **Stay away from others**: 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.
- **Limit contact with pets & animals**: You should restrict contact with pets and other animals while you are sick with COVID-19, just like you would around other people. Although there have not been reports of pets or other animals becoming sick with COVID-19, it is still recommended that people sick with COVID-19 limit contact with animals until more information is known about the virus.
- When possible, have another member of your household care for your animals while you are sick. If you are sick with COVID-19, avoid contact with your pet, including petting, snuggling, being kissed or licked, and sharing food. If you must care for your pet or be around animals while you are sick, wash your hands before and after you interact with pets and wear a facemask. See [COVID-19 and Animals](#) for more information.

Call ahead before visiting your doctor
**Call ahead**: 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.
Information for Household Members and Caregivers of Someone who is Sick

Wear a facemask if you are sick

• **If you are sick:** 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 caring for others:** If the person who is sick is not able to wear a facemask (for example, because it causes trouble breathing), then people who live with the person who is sick should not stay in the same room with them, or they should wear a facemask if they enter a room with the person who is sick.

Cover your coughs and sneezes

• **Cover:** Cover your mouth and nose with a tissue when you cough or sneeze.
• **Dispose:** Throw used tissues in a lined trash can.
• **Wash hands:** Immediately wash your hands with soap and water for at least 20 seconds or, if soap and water are not available, clean your hands with an alcohol-based hand sanitizer that contains at least 60% alcohol.

Clean your hands often

• **Wash hands:** Wash your hands often with soap and water for at least 20 seconds, especially after blowing your nose, coughing, or sneezing; going to the bathroom; and before eating or preparing food.
  - **Hand sanitizer:** If soap and water are not readily available, use an alcohol-based hand sanitizer with at least 60% alcohol, covering all surfaces of your hands and rubbing them together until they feel dry.
  - **Soap and water:** Soap and water are the best option if hands are visibly dirty.
  - **Avoid touching:** Avoid touching your eyes, nose, and mouth with unwashed hands.

Avoid sharing personal household items

• **Do not share:** You should not share dishes, drinking glasses, cups, eating utensils, towels, or bedding with other people or pets in your home.
• **Wash thoroughly after use:** After using these items, they should be washed thoroughly with soap and water.
Clean all “high-touch” surfaces everyday

- **Clean and disinfect**: Practice routine cleaning of high touch surfaces. High touch surfaces include counters, tabletops, doorknobs, bathroom fixtures, toilets, phones, keyboards, tablets, and bedside tables.
- **Disinfect areas with bodily fluids**: Also, clean any surfaces that may have blood, stool, or body fluids on them.
  - **Household cleaners**: 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 medical attention**: Seek prompt medical attention if your illness is worsening (e.g., difficulty breathing).
- **Call your doctor**: Before seeking care, call your healthcare provider and tell them that you have, or are being evaluated for, COVID-19.
- **Wear a facemask when sick**: 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.
- **Alert health department**: 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.

Discontinuing home isolation

- **Stay at home until instructed to leave**: Patients with confirmed COVID-19 should remain under home isolation precautions until the risk of secondary transmission to others is thought to be low.
- **Talk to your healthcare provider**: 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.

**Call 911 if you have a medical emergency**: 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.

Updated: March 10, 2020
GardaWorld Team:

To help prevent the spread of Covid-19 in our communities and reduce the risk of exposure to our team members and clients, it is important we work together. Employees should not report to work while they are ill and/or experiencing the following symptoms: Fever, Cough, and Shortness of Breath. Currently, the Centers for Disease Control and Prevention recommends people with these symptoms remain at home until the risk of secondary transition to other is thought to be low. This quarantine period generally lasts from 2-14 days.

As a secondary measure, it may become necessary for supervisors to send employees home who are exhibiting symptoms. If this situation arises, the supervisor will ask a series of questions to determine the appropriate steps. Your participation and consent to collect the information is important in helping us take precautionary measures to protect you and everyone at your work site. Rest assured all medical-related information will be maintained confidentially, kept apart from an employee’s personnel file, and restricted only to those with a need to know. GardaWorld is following these procedures for the sole purpose of public health and to ensure the safety of you, the rest of the team and our clients.

If you become ill, specifically if you are exhibiting symptoms of the virus, you are required to contact branch management and inform them through the normal attendance protocol. In such a case, we may notify other individuals at your work site (without identifying you by name, if possible) to ensure they receive appropriate medical attention. This information may also be shared with health officials if so required.

We appreciate your assistance in this matter and we appreciate you
GardaWorld Security Services - US

I understand that if I begin to exhibit symptoms such as fever, dry cough, and/or shortness of breath, it is my responsibility to notify my supervisor immediately, following normal attendance protocol and not report to my work site.

Employee Signature: ___________________________ Date: ________________