COVID-19
(aka Coronavirus)

What You Need to Know
May 2020

Rome Laboratory
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Specific Actions for all AFRL/RI

1. Contact your Supervisor and your Senior Military Advisor if you are not well: Those who have COVID-19 symptoms (fever, fatigue, cough, etc.) must stay home. We encourage telework if you are able, and recommend all supervisors allow their members to remain at home for at least 7 days after symptoms have passed.

2. If you are placed on quarantine because you tested positive for COVID-19 or were exposed to someone with COVID-19, then you are required to follow guidance from the NY County Public Health Official. Please inform your supervisor of these requirements.

3. Quarantine. RRS personnel placed on quarantine are required to remain in their homes and avoid contact with others (isolate), except to obtain medical care. Staying home means avoiding normal activities including going to work, school, traveling, and social or public gatherings. You may telework if you keep social distances and are well enough to telework.

4. Before returning to work: Members must be released by the County PH Official if on quarantine, or if you had symptoms, 7 days free from symptoms without the use of fever-reducing medications. Upon returning to work, continue to practice good mask etiquette and hand hygiene and avoid close contact with people.

5. Supervisors should be kept informed daily of the members status while home with known or suspected COVID-19.

Specific Actions for Contractors

Contractors will take measures to reduce transmission of infectious diseases in accordance with their contract and their employer’s procedures (e.g., work at alternate locations and/or take sick leave). See OSHA Guidance on Preparing Workplaces for COVID-19 (OSHA 3990-03-2020).

Emergency Warning Symptoms:

In children, emergency warning signs that need urgent medical attention include:
- Fast breathing or trouble breathing
- Not drinking enough fluids
- Severe or persistent vomiting
- Not waking up or not interacting
- Severe fever
- Body rash
- Swollen hands and/or feet

NOTE!!! Children may develop these symptoms after they have recovered from COVID-19.

In adults, emergency warning signs that need urgent medical attention include:
- Difficulty breathing or shortness of breath
- Pain or pressure in the chest or abdomen
- Bluish lips or face
- Confusion
- Severe or persistent vomiting
- Severe fever

If you or a family member experience these symptoms please call 911 or, if taking individual to hospital or urgent care, please call ahead.

High-Risk Categories for COVID-19 Complications

- Age < 5 or > 65 years old
- Pregnant
- Weakened immune system, Diabetes, Asthma
- COPD, Heart Disease or other chronic conditions
- Resident of nursing home/chronic care facility

For More Information:

- www.cdc.gov
- www.epa.gov/coronavirus
- www.health.ny.gov
Basic Information about COVID-19

What is novel coronavirus strain COVID-19? First identified in Wuhan China last year, the name for the disease is “coronavirus disease 2019” abbreviated as COVID-19. There are many types of human coronaviruses including some that commonly cause mild upper-respiratory tract illnesses. COVID-19 is a new (novel) disease, not previously seen in humans. Because it is a new strain, there is no vaccine available yet to protect against COVID-19.

Is COVID-19 different from strains of influenza virus? COVID-19 is only one stain of virus where the flu can come in many strains, which is why making a vaccine each year for the flu can be difficult. As you read this pamphlet, you will notice many similarities in prevention, symptoms and response. Two things that are remarkably different are: 1) You may be asymptomatic and can spread the disease to others and 2) In the US, about 20,000-40,000 people die each year from the flu. COVID-19 has killed more than 80,000 Americans in less than 4 months. It is still too early to know exactly how dangerous this new virus is.

How will I know if I have been infected by COVID-19? Symptoms of this coronavirus include: fever (temperature of 100°.4F [37.8°C] or more) • cough • sore throat • muscle pain • Shortness of breath/ trouble breathing • chills • a new loss of taste and/or smell. Currently, if you have any of these symptoms, you must assume you have COVID-19 and quarantine yourself. You must remain quarantined until you are symptom free for 7 days. Also, if a member of your household tests positive for COVID-19, you must assume you have COVID-19 and quarantine yourself for 14 days (since you were just exposed and have not gone through incubation phase yet). If symptoms get worse, (see box on back panel), please call 911.

What other symptoms are associated with COVID-19? People with COVID-19 less commonly report runny or stuffy nose, headache, diarrhea and vomiting.

How is it spread? COVID-19 is commonly spread from person to person through coughing or sneezing. People may also become infected by touching something with COVID-19 on it and then touching their mouth or nose. The virus can survive and infect a person for generally up to 3 days after being deposited on a surface.

Prevention... Avoid Getting COVID-19

Everyday actions can help prevent the spread of germs that cause respiratory illnesses like COVID-19.

- Follow public health advice regarding school closures, avoiding crowds and other social distancing measures. Because COVID-19 is new, public health recommendations may change as we learn more about how the virus operates.
- Be prepared. Purchase a supply of over-the-counter medicines, alcohol-based hand rubs, tissues and other related items you might need to avoid trips out in public while you are sick and contagious. Be sure you have a thermometer and know how to use it.
- Practice good health habits-Eating a healthy diet, getting enough rest, and participation in regular exercise can help your body’s immune system.
- Mask etiquette- RRS has a ready supply of masks if needed. Always wear your mask where instructed. If you wear your own mask, the mask should be clean and socially acceptable (some really funny ones out there, but inappropriate for the work area). Also, the face covering needs to stop a cough, sneeze of even heavy breathing from releasing droplets into the air.

Important Actions to Take If You Think You Have COVID-19

Do not panic! Most cases of COVID-19 are mild and resolve on their own with time. Most people do not need to be seen at the emergency room.

1. Stay home and avoid contact with other people. Staying at home means that you should not leave your home except to seek medical care. This means avoiding normal activities including work, school, shopping, etc.
2. Seek emergency medical care if you develop emergency warning symptoms (see box on back panel).
3. Military members will coordinate with their Tricare Prime Remote Primary Care Manager and/or report to closest emergency room.
4. Civilian personnel should keep supervisors informed daily as to the member’s status (sick with known or suspected COVID-19, family member with known or suspected COVID-19 requiring assistance).
5. All RRS members must be 7 days symptom free before returning to work.
6. If you are at work and suspect you have/are getting COVID-19, please notify your supervisor and go home or urgent care (please call ahead). Expect a phone call to ensure you are ok and to determine where you were at the lab so proper cleaning can happen.

Home Care Advice...For People with COVID-19

The actions below can help you feel better while you are sick and help keep you from spreading COVID-19 to others.

TO HELP YOU FEEL BETTER:  
- DRINK LOTS OF FLUIDS-Drink clear fluids such as water, broth, sports drinks or electrolyte beverages (for infants) to avoid dehydration.
- MEDICATIONS-Take non-prescription medications like acetaminophen (Tylenol®) or ibuprofen (Advil®, Motrin®), and cough medicine to relieve symptoms of fever, pain, and cough. You do not need to take these medicines regularly if your symptoms improve.
- Do not give aspirin or products that contain aspirin to children or teenagers unless directed by a physician.

TO AVOID SPREADING COVID-19:  
- STAY HOME-Avoid going to school, work or public places until you are symptom free for at least 7 days without the use of fever-reducing medicines.
- WEAR A FACEMASK-If you are sharing a common space with other household members or if you must go out, wear a facemask to help prevent spreading the virus to others.
- HANDWASHING-Have everyone in the household wash hands often with soap and water, especially after coughing or sneezing. Alcohol-based hand cleaners are also effective.
- REDUCE CONTAMINATION-Linens, eating utensils, and dishes belonging to those who are sick do not need to be cleaned separately, but these items should not be shared without washing thoroughly.
- Linens should be washed using household laundry soap and tumbled dry on a normal setting.
- Wash hands with soap and water or alcohol-based hand rub immediately after handling dirty laundry.
- Eating utensils should be washed either in a dishwasher or by hand with water and soap.
- Keep surfaces (especially bedside tables, bathroom surfaces, kitchen counters and toys for children) clean by wiping them down with a household disinfectant according to directions on the product label.