



CORONAVIRUS: How to Protect Yourself

The outbreak of a new coronavirus disease in 2019 from Wuhan City, Hubei Province, China, has many of us concerned about our safety, our health, and wondering what to do.

Living in Hawaii, we're used to preparing for all kinds of potentials — hurricanes, tsunamis, floods, etc. — so this potential challenge should be no different! Here is some feedback from the experts that may help:

Impact in Hawaii

According to the Hawaii Department of Health, there have been no reported cases in Hawaii. (As of 2/24/2020.) The DOH continues to monitor the situation closely and will continue to provide updates as needed. Continued updates can be found here:

<https://health.hawaii.gov/docd/advisories/novel-coronavirus-2019/#impact>

What To Do

Follow the DOH guidelines for preventing ANY respiratory illness:

- Get your flu shot.
- Wash your hands often with soap and water for at least 20 seconds, after going to the bathroom, before eating, and after blowing your nose, coughing, or sneezing.
- If soap and water are not available, use an alcohol-based hand sanitizer with at least 60% alcohol.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Avoid close contact 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.
- Clean and disinfect frequently touched objects and surfaces using a regular household cleaning spray or wipe.
- If traveling from China to Hawaii, stay home from school, work, and public gatherings and monitor your health for 14 days after leaving China. Have another family member or friend, who didn't travel from China, run errands for you. Avoid public transportation, taxis, or ride shares. Take your temperature twice a day.

Strategies at Work

<https://www.cdc.gov/coronavirus/2019-ncov/index.html>

- Actively encourage sick employees to stay home. Employees with symptoms of acute respiratory illness are recommended to stay at home and not come to work until they are free of fever (100.4 degrees F or greater with an oral thermometer). Employees should notify their supervisor and stay home if they are sick.
- Place posters that encourage staying at home when sick, cough and sneeze etiquette, and hand hygiene. Provide tissues and no-touch disposal receptacles for use by employees. Provide soap and water and alcohol-based hand rubs in the workplace. Perform routine environmental cleaning.
- Advise employees before traveling to take certain steps. The CDC's Traveler's Health Notices on the CDC website may help those preparing for international travel. Advise employees to check themselves for symptoms of acute respiratory illness before traveling and notify supervisor and stay home if they are sick and promptly notify a health care provider for advice if needed.
- If employees are well but have a sick family member at home with COVID-19, they should notify their supervisor and refer to CDC guidance for how to conduct a risk assessment of their potential exposure.
- If an employee is confirmed to have COVID-19 infection, employers should inform fellow employees of their possible exposure to COVID-19 in the workplace but maintain confidentiality as required by the ADA. Employees exposed to a co-worker with confirmed COVID-19 should refer to CDC guidance for how to conduct a risk assessment of their potential exposure.

Remember that the immediate health risk from COVID-19 is considered low, according to the CDC. If the evidence changes, we all need to plan to be able to respond in a flexible way to stay safe and refine our business response plans as needed. If you need additional support with your fears, call your EAP!

Employee Assistance of the Pacific

1221 Kapiolani Blvd., Suite 730 Honolulu, HI 96814

www.EAPacific.com

Toll-Free (877) 597-8222

(808) 597-8222

