

# CORONAVIRUS (SARS-COV-2) STAY INFORMED

## What is [COVID-19](#)?<sup>1</sup>

Severe Acute Respiratory Syndrome Coronavirus-2 ([SARS-CoV-2](#)<sup>2</sup>) is the name given to the 2019 novel coronavirus. COVID-19 is the name given to the disease associated with the virus. SARS-CoV-2 is a new strain of coronavirus that has not been previously identified in humans.



Based on available epidemiological data, it appears that COVID-19 coronavirus is most likely transmitted from human to human by droplets excreted by a diseased individual, through coughing or blistering, or by direct or indirect contact with respiratory secretions (i.e., infected). Most estimates of the incubation period for COVID-19 range from 1-14 days, most commonly around five days. These estimates will be updated as more data become available.

## What are the [symptoms](#)<sup>3</sup> of COVID-19?

The virus can cause mild symptoms such as:

- Fever
- Cough
- Shortness of breath

but also

- Difficulty in breathing or shortness of breath
- Persistent pain or pressure in the chest
- New confusion or inability to arouse
- Bluish lips or face

While we are still learning about how COVID-2019 affects people, older persons and persons with pre-existing medical conditions (such as high blood pressure, heart disease, lung disease, cancer or diabetes) appear to develop serious illness more often than others.

## When is a case of the disease considered more contagious?

An incident is considered more contagious when it has symptoms. But there are indications that it can be contagious in the asymptomatic phase.

## [Suspicious case](#)<sup>4</sup> handling in the workplace.

### Suspicious case

Laboratory testing for COVID-19 should be performed for suspected cases according to the following criteria, based on the updated WHO case definition:

1) a patient with acute respiratory tract infection (sudden onset of at least one of the following: cough, fever, shortness of breath) AND with no other aetiology that fully explains the

clinical presentation AND with a history of travel or residence in a country/area reporting local or community transmission during the 14 days prior to symptom onset;  
OR

2) a patient with any acute respiratory illness AND having been in close contact with a confirmed or probable COVID-19 case in the last 14 days prior to onset of symptoms  
OR

3) A patient with severe acute respiratory infection (fever and at least one sign/symptom of respiratory disease (e.g., cough, fever, shortness breath)) AND requiring hospitalization (SARI) AND with no other aetiology that fully explains the clinical presentation.

### Probable case

A suspect case for whom testing for COVID-19 is inconclusive.

• Inconclusive being the result of the test reported by the laboratory

### Confirmed case

A person with laboratory confirmation of COVID-19 infection, irrespective of clinical signs and symptoms.

### Actions:

In case of an employee showing a suspected case, the responsible person of the company recommended calling EODY (**tel.1135 or 210.5212054**) and prevent the patient from visiting a health care provider without EODY's prior notice. It is also advisable to inform the Occupational Physician of the facility for further precautionary advice.

The employee should remain in his/her office with the door closed and windows opened, giving him/her protective mask, gloves and handkerchiefs. Meetings with the other employees should be avoided.

After the employee leaves the room, it is recommended that all surfaces are properly cleaned.

The use of 0.1% sodium hypochlorite (dilution 1:50 if household bleach at an initial concentration of 5% is used) after cleaning with a neutral detergent is suggested for decontamination purposes, although no data on the effectiveness against the SARS-CoV-2 are available. For surfaces that could be damaged by sodium hypochlorite, 70% concentration of ethanol is needed for decontamination after cleaning with a neutral detergent.

<sup>1</sup><https://www.who.int/news-room/q-a-detail/q-a-coronaviruses>

<sup>2</sup><https://www.ecdc.europa.eu/en/novel-coronavirus-china/questions-answers>

<sup>3</sup><https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html>

<sup>4</sup><https://www.ecdc.europa.eu/en/case-definition-and-european-surveillance-human-infection-novel-coronavirus-2019-ncov>

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## General instructions for [cleaning](#)<sup>5</sup> and disinfection

- If surfaces are dirty, they should be cleaned using a detergent or soap and water prior to disinfection.
- For disinfection, diluted household bleach solutions, alcohol solutions with at least 70% alcohol, and most common EPA-registered household disinfectants should be effective.
- Diluted household bleach solutions can be used if appropriate for the surface. Follow manufacturer's instructions for application and proper ventilation. Check to ensure the product is not past its expiration date. Never mix household bleach with ammonia or any other cleanser. Unexpired household bleach will be effective against coronaviruses when properly diluted.
- Prepare a bleach solution by mixing:
  - 5 tablespoons (1/3rd cup) bleach per gallon of water or
  - 4 teaspoons bleach per quart of water
- In addition to regular cleaning, frequent cleaning of commonly used surfaces is required (eg knobs, handles, stair railing, lifts, switches, taps etc.) with cleaners, such as liquid soap and water, or 10% household bleach solution (1 part household bleach diluted in 10 parts water) or an alcoholic antiseptic. Note that cleaning must be done using disposable gloves and uniforms.

## Information for [travelers](#)<sup>6</sup>

Make sure your organization and its employees have the latest [information](#)<sup>7</sup> on [areas](#)<sup>8</sup> where COVID-19 is spreading.

### **Before traveling**

- Based on the latest information, your organization should assess the benefits and risks related to upcoming travel plans.
- Avoid sending employees who may be at higher risk of serious illness (e.g. older employees and those

with medical conditions such as diabetes, heart and lung disease) to areas where COVID-19 is spreading.

- Make sure all persons travelling to locations reporting COVID-19 are briefed by a qualified professional (e.g. staff health services, health care provider or local public health partner) .
- Consider issuing employees who are about to travel with small bottles (under 100 CL) of alcohol-based hand rub. This can facilitate regular hand-washing.

### **While traveling:**

- Encourage employees to wash their hands regularly and stay at least one meter away from people who are coughing or sneezing .
- Ensure employees know what to do and who to contact if they feel ill while traveling.
- Ensure that your employees comply with instructions from local authorities where they are traveling. If, for example, they are told by local authorities not to go somewhere they should comply with this. Your employees should comply with any local restrictions on travel, movement or large gatherings.

### **When you or your employees return from traveling:**

- Employees who have returned from an area where COVID-19 is spreading should monitor themselves for symptoms for 14 days and take their temperature twice a day.
- If they develop even a mild cough or low grade fever (i.e. a temperature of 37.3 C or more) they should stay at home and self-isolate. This means avoiding close contact (one meter or nearer) with other people, including family members. They should also telephone their healthcare provider or the local public health department, giving them details of their recent travel and symptoms. **EODY (tel.1135, 210.5212054)**

**A key point is the good preparation and constant information and cooperation of all decision makers. [Ergonomia](#) is constantly at your disposal with information that is constantly updated on the website [www.ergonomia.gr](#). You can also contact the Health Department's specialist staff to inform you at 210-2773327 ext. 344 or 352.**

**The Public Health Authorities may modify the above guidelines and apply them according to the risk assessment of each incident and its contacts.**

<sup>5</sup><https://www.cdc.gov/coronavirus/2019-ncov/community/organizations/cleaning-disinfection.html>

<sup>6</sup><https://www.cdc.gov/coronavirus/2019-ncov/travelers/index.html>

<sup>7</sup>[https://www.who.int/docs/default-source/coronaviruse/getting-workplace-ready-for-covid-19.pdf?sfvrsn=359a81e7\\_6](https://www.who.int/docs/default-source/coronaviruse/getting-workplace-ready-for-covid-19.pdf?sfvrsn=359a81e7_6)

<sup>8</sup><https://www.who.int/emergencies/diseases/novel-coronavirus-2019/situation-reports/>