

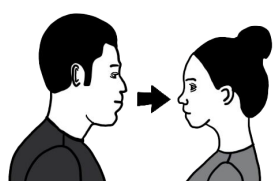
# CORONAVIRUS DISEASE 2019 (COVID-19)

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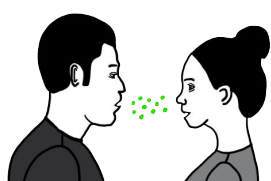
## FACTSHEET FOR TRANSIT MAINTENANCE WORKERS

**Coronavirus disease 2019 (COVID-19)** is a respiratory illness that can spread from person to person. Symptoms often include a fever and a cough or difficulty breathing. The outbreak first started in China, but cases have been identified in a growing number of other areas, including the United States. On March 11, 2020, the World Health Organization (WHO) characterized the COVID-19 outbreak a pandemic, meaning the disease has spread worldwide.

The virus causing COVID-19 is called SARS-CoV-2. SARS-CoV-2 is a novel virus, which means there is still much to learn about the number of cases, risk factors, signs and symptoms, and how it is spread. Based on what we know about COVID-19 and other coronaviruses diseases, COVID-19 is spread mostly from person to person in close contact through respiratory droplets produced when an infected person coughs or sneezes. Close contact with a person can occur when you:



Are within about 6 feet (2 meters) of a person with COVID-19 for a prolonged period (more than a few minutes).



Have direct contact with body fluids from a person with COVID-19. Body fluids may include blood and respiratory droplets.

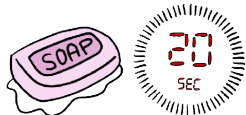
It may be possible that coronaviruses survive on surfaces from several hours to several days. It may be possible that a person can get COVID-19 by touching a surface or object that has the virus on it and then touching their own mouth, nose, or possibly their eyes, but this is not thought to be the main way the virus spreads.

### How can transit maintenance workers protect themselves from COVID-19?

#### Regularly perform proper hand hygiene:



Good hand hygiene is one of the single most important infection control measures.



Wash your hands with soap and water when available for 20 seconds, particularly when hands are visibly soiled.



If soap and water is not available, use an alcohol-based hand sanitizer containing at least 60% alcohol. Cover all surfaces of your hands and rub them together until they feel dry.

- Avoid touching your eyes, nose, and mouth with unwashed hands or when wearing gloves.
- Avoid close contact (i.e., within 6 feet) with rail transit passengers.
- Avoid touching surfaces often touched by transit passengers.

#### Key times to clean hands include:



Before beginning a work shift, at the end of a shift, and before a work break



After removing gloves used when cleaning and disinfecting high-touch transit surfaces



After blowing one's nose, coughing, or sneezing



After using the restroom



Before eating or preparing food



### What transit surfaces should be cleaned? What are the best cleaning chemicals to use when cleaning?

- Perform routine cleaning of all high-touch non-porous surfaces within the interior of the transit vehicle on a daily basis. These include hard seats, arm rests, door handles, seat belt buckles, light and air controls, adjacent walls and windows, and grab handles. For soft or porous surfaces, remove any visible contamination if present and clean with appropriate cleaners indicated for use on these surfaces.
- If available, application of disinfectant to these non-porous, high-touch surfaces inside transit vehicles can be performed if a passenger with suspected or confirmed COVID-19 was known to have ridden in the vehicle.  
<https://www.cdc.gov/coronavirus/2019-ncov/prepare/cleaning-disinfection.html>
- If disinfectant supplies are low, prioritize disinfectant application to surfaces frequently touched by transit vehicle operators, including steering wheel, driver cockpit controls, and door handles and bars. Other high-touch surfaces within the vehicle should be cleaned using detergent or soap and water. If surfaces are visibly dirty, they should be cleaned prior to disinfectant application.

#### Appropriate disinfectants include:

- EPA's Registered Antimicrobial Products for Use Against Novel Coronavirus SARS-CoV-2, the cause of COVID-19 are expected to be effective against COVID-19 based on data for harder to kill viruses. Follow the manufacturer's instructions for all cleaning and disinfection products (e.g., concentration, application method, and contact time, etc.).

#### A list of products with EPA-approved emerging viral pathogens claims is available at:

[https://www.epa.gov/sites/production/files/2020-03/documents/sars-cov-2-list\\_03-03-2020.pdf](https://www.epa.gov/sites/production/files/2020-03/documents/sars-cov-2-list_03-03-2020.pdf).

- Diluted household bleach solutions prepared according to the manufacturers label for disinfection 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.

- Alcohol solutions with at least 70% alcohol.

- Wear PPE in accordance with the disinfectant or detergent manufacturer's instructions. After removing PPE, workers should wash their hands with soap and water for at least 20 seconds. Work uniforms worn during cleaning and disinfecting should be laundered afterwards. Clean hands after handling laundry by washing hands with soap and water or using an alcohol-based hand sanitizer with at least 60% alcohol if soap and water are not available.



#### What steps should my employer take?

Your employer should develop a COVID-19 health and safety plan to protect employees. This plan should be shared with you and your coworkers and should include the following:

- Actively encouraging sick employees to stay home. Employees should stay home until they are free of fever (100.4° F [38° C] or greater), and any other symptoms for at least 24 hours, without the use of fever-reducing or other symptom-altering medicines (e.g. cough suppressants). If sick, call your primary care physician before visiting their office.



- Providing information on who to contact if you become sick.

- Designating a person who is responsible for responding to COVID-19 concerns. You should know who this person is and how to contact them.



- Providing you with the right information about COVID-19, how it spreads, and your risk of exposure.

- Conducting worksite assessments to identify COVID-19 prevention strategies.

- Providing you training on good hand-washing practices and other routine infection control precautions. This will help reduce the spread of many diseases, including COVID-19.

- Showing you where you can access soap and clean running water or alcohol-based hand sanitizers containing at least 60% alcohol.

- Providing disposable disinfectant wipes so that surfaces commonly touched by the rail operator can be wiped down.

- Providing tissues and no-touch disposal receptacles for use by employees.

- Placing posters that encourage staying home when sick, cough and sneeze etiquette, and good hand hygiene practices at the entrance to the workplace and in other workplace areas where they are likely to be seen.

- Reaching out to local public health officials to establish ongoing communications to facilitate access to relevant information before and during a local outbreak.

### Where can I get more information?

Stay informed. Talk to your employer, supervisor, union representative, or airport personnel who are responsible for responding to COVID-19 concerns.

**See these sources for more information on worker exposures to COVID-19:**

NIOSH Workplace Safety and Health Topic: [www.cdc.gov/niosh/emres/2019\\_ncov.html](http://www.cdc.gov/niosh/emres/2019_ncov.html)

• **CDC COVID19 website:** [www.cdc.gov/coronavirus/2019-ncov/](http://www.cdc.gov/coronavirus/2019-ncov/)

• **OSHA COVID19 website:** [www.osha.gov/SLTC/covid-19/controlprevention.html](http://www.osha.gov/SLTC/covid-19/controlprevention.html)

• **CDCINFO:** 1-800-CDC-INFO (1-800-232-4636) | TTY: 1-888-232-6348 | website: [www.cdc.gov/info](http://www.cdc.gov/info)

• **CDC Interim Guidance for Businesses and Employers website:** [www.cdc.gov/coronavirus/2019-ncov/community/guidance-business-response.html](http://www.cdc.gov/coronavirus/2019-ncov/community/guidance-business-response.html)



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