

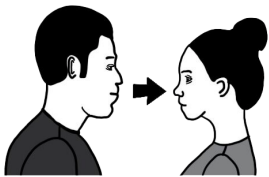
CORONAVIRUS DISEASE 2019 (COVID-19)

CORONAVIRUS

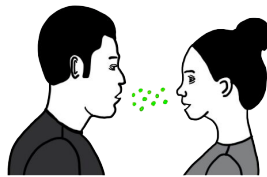
FACTSHEET FOR RAIL TRANSIT OPERATORS

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.

As a rail transit operator, how can I protect myself?

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 on a regular basis, 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.

Key times to clean hands include:



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



After providing assistance to a passenger



After removing gloves



After blowing one's nose, coughing, or sneezing



After using the restroom



Before eating or preparing food

- 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.
- Do not touch surfaces contaminated by body fluids.

- Use gloves when touching surfaces contaminated with body fluids or if required to physically contact a transit passenger when providing assistance. Wash hands with soap and water after removing gloves.
- Use disposable disinfectant wipes on surfaces in the train cockpit commonly touched by the operator.



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.

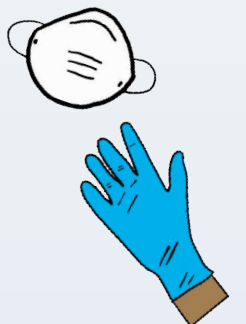
- Designating a person who is responsible for responding to

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.



www.twu.org

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

- CDC COVID19 website: www.cdc.gov/coronavirus/2019-ncov/
- OSHA COVID19 website: 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
- CDC Interim Guidance for Businesses and Employers website: www.cdc.gov/coronavirus/2019-ncov/community/guidance-business-response.html