



Frequently Asked Questions about COVID-19 (FKA nCoV)

General Questions

<p>What is COVID-19?</p>	<ul style="list-style-type: none"> • Coronaviruses are a large family of viruses found in both animals and humans. Some infect people and are known to cause illness ranging from the common cold to more severe diseases such as Middle East Respiratory Syndrome (MERS) and Severe Acute Respiratory Syndrome (SARS). • A novel coronavirus is a new strain of coronavirus that has not been previously identified in humans. The now-named COVID-19 (FKA nCoV) had not been previously detected before the outbreak was reported in Wuhan, China, in December 2019.
	<ul style="list-style-type: none"> • See World Health Organization (WHO) Q&A on coronaviruses for more information
<p>What are the symptoms and complications of COVID-19?</p>	<ul style="list-style-type: none"> • People with COVID-19 infection, the flu, or a cold typically develop respiratory symptoms such as fever, cough, and runny nose. Even though many symptoms are alike, they are caused by different viruses. • The WHO recommends that people who have a cough, fever, or difficulty breathing should seek medical care early. Patients should inform health care providers if they have travelled in the 14 days before they developed symptoms, or if they have been in close contact with someone who has been sick with respiratory symptoms. • According to the WHO, COVID-19 can be more severe for some persons and can lead to pneumonia or breathing difficulties. Older people and people who are immune compromised or have pre-existing medical conditions (such as diabetes and heart disease), appear to be more vulnerable to becoming severely ill with the virus.
<p>What if I am worried that I may have COVID-19 or some other virus? Should I self-quarantine? What does that mean?</p>	<ul style="list-style-type: none"> • Seek medical advice—Call ahead before you go to a doctor’s office or emergency room. Tell them about recent travels and symptoms. • Avoid contact with others. • The CDC has issued interim guidance for people who have the virus or had close contact with a person confirmed to have, or being evaluated for COVID-19. This includes guidance on self-quarantine, such as: <ul style="list-style-type: none"> ○ Stay home except to get medical care ○ Separate yourself from other people in your home ○ call ahead before visiting your doctor ○ Wear a facemask ○ Cover your coughs and sneezes ○ Clean your hands ○ Avoid sharing personal household items

<p>What can I do to protect myself against COVID-19?</p>	<ul style="list-style-type: none"> • There is much to learn about the transmissibility, severity, and other features associated with COVID-19. • You can refer to the websites for the WHO and CDC for additional information on prevention and treatment, but it is believed to be spread mainly via respiratory droplets produced when an infected person coughs or sneezes, similar to how influenza and other respiratory pathogens spread. • The CDC always recommends everyday preventative actions to help prevent the spread of respiratory viruses, including: <ul style="list-style-type: none"> ○ Wash your hands often with soap and water for at least 20 seconds, especially after going to the bathroom; before eating; and after blowing your nose, coughing, or sneezing. ○ If soap and water are not readily available, use an alcohol-based hand sanitizer with at least 60% alcohol. Always wash hands with soap and water if hands are visibly dirty. ○ 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, and then throw the tissue in the trash. ○ Clean and disinfect frequently touched objects and surfaces using a regular household cleaning spray or wipe.
	<ul style="list-style-type: none"> • Reach out immediately to the contractorcare@apexsystems.com mailbox and a member for our team will get back to you as soon as possible to determine next steps and if working remotely is needed.
<p>Should I wear a Facemask?</p>	<ul style="list-style-type: none"> • Find CDC guidance on when and how to use a face mask here. • CDC recommends that people wear cloth face coverings in public settings and when around people who don't live in your household, especially when other social distancing measures are difficult to maintain. A growing number of states and localities make face coverings mandatory under those circumstances, so please be sure to consult your local Health Department's website for the most current requirements applicable to the jurisdiction in which you work. • Cloth face coverings may help prevent people who have COVID-19 from spreading the virus to others. • Cloth face coverings are most likely to reduce the spread of COVID-19 when they are widely used by people in public settings. • What is the WHO's view on mask? Read more guidance from the WHO here. • Masks should be used as part of a comprehensive strategy of measures to suppress transmission and save lives; the use of a mask alone is not sufficient to provide an adequate level of protection against COVID-19. You should also maintain a minimum physical distance of at least 1 metre from others, frequently clean your hands and avoid touching your face and mask.