

COVID-19 SAFETY AND HEALTH



International
Labour
Organization

SYMPTOMS

- The most common symptoms are fever, tiredness, and dry cough.
- Others are aches and pains, nasal congestion, runny nose, sore throat and/or diarrhea.
- Symptoms are usually mild and begin gradually.
- It can take up to 14 days for symptoms to appear.

TRANSMISSION

- Droplets from nose or mouth when infected people cough and exhale.
- Standing within one meter of an infected person.
- Touching contaminated surfaces or objects and then touching eyes, nose or mouth.
- Ageing and underlying diseases (e.g. diabetes, heart disease) increase risk.

WORKPLACE PREVENTION MEASURES

- Undertake risk assessments and implement controls.
- Explore alternative work methods.
- Share information and establish communication plans.
- Wash hands frequently and adopt good hygiene practices.
- Avoid sharing objects that could transmit the virus.
- Use personal protective equipment (PPE).
- Beware of wide-spreading droplets (breath in and cough out).
- Keep workplaces and objects clean and disinfected.
- Protect clients and end users.
- Workers should stay at home if sick.
- Seek advice from the Department of Labour and health authorities.

PROTECT YOURSELF AND OTHERS!

HELP LINE

0-800-MOH-CARE

www.ilo.org