

TOPIC: Coronavirus (COVID-19) Facts & Prevention

ACKNOWLEDGE: Thank you for being here and participating in this safety talk. I know your time is valuable, so I will ensure every moment of this talk is worth your while (*make eye contact with the entire group*).

Training Tips:

Ask a lot of questions: While delivering your Safety Talk, ask questions that 'hook the mind' and engage your participants. The simple act of asking questions is a High Impact Training technique!

Raise a hand when asking questions: Directed to your audience, you'll often find that people are more willing to answer your questions and become active participants... try it out! Also, pause for a moment after asking a question; waiting for and encouraging responses from the group.

Provide an example of a personal experience: (or a recent news event) For instance: "A close friend of mine once _____", or "Just last week _____". This is a very effective method to help participants relate to your topic. It often helps them to realize: *'Yeah, this could affect me. I should listen to this.'*



What's in it for Me? (WIIFM): I am here to deliver a brief safety talk on Corona Virus COVID-19. As of March 8, 2020, the Public Health Agency of Canada (PHAC) has assessed the public health risk associated with COVID-19 as low for Canada. However, with all the media coverage, we want to make sure everyone has the facts to make the best decisions for themselves free of misconceptions or fear. Why? **It's not deadly to most people**, but it can kill. To date, this virus has been found in approximately 90 countries, including Canada.

STATE: COVID-19 is caused by a novel (new) coronavirus "SARS-CoV-2" that was first detected in China in December 2019. Human coronaviruses are common and are typically associated with mild illnesses, similar to the common cold. Coronavirus often originates from an infected animal and, in some cases, make the jump over to humans. **Symptoms** of human coronaviruses may appear 2-14 days after exposure and range from very mild (some people with no reported symptoms) to more serious. Information to date suggests the COVID-19 illness is mild.

Symptoms include:

- Fever
- Dry cough
- Shortness of breath
- Fatigue
- aches and pains,
- nasal congestion,
- runny nose,
- sore throat, or
- diarrhea.

Some people may experience

ASK: Why do you think older adults might be higher risk for contracting this or any virus?

ANSWERS: due to their immune systems changing with age and making it harder for the body to fight off diseases and infections. Older adults often have other underlying health conditions that compromise their immune system.

People who have severe chronic medical conditions like heart, lung, or kidney disease may be at higher risk for a more serious COVID-19 illness.)

STATE: There may be an increased risk to people that have:

- Provided care or have been in close contact with someone who has the virus
- Travelled abroad to an infected area
- Been in contact with a person who has travelled to an infected area
- Worked closely with animals suspected to transmit the disease (bats, pangolins) and/or consumed their meat where it has not been well cooked.

ASK: We stress again that the risk of severe COVID-19 infection is **LOW**. However, what can we do at work and home to minimize any risk of virus transmission? *As the facilitator, encourage your audience to participate and offer answers. Be sure to acknowledge the correct answers and follow up with the reasoning, as described below. If they do not list all below, be sure to cover all points.*

1. Practice excellent hygiene frequently:
 - a. Wash your hands often with soap and water for at least 20 seconds (as long as it takes to sing Happy Birthday to yourself) or use an alcohol-based sanitizer.
 - b. Use the sleeve of your shirt or other material when touching handles and doors in public places.
 - c. Maintain at least 1-2 metres (3-6 feet) distance between yourself and anyone who is coughing or sneezing.
 - d. Avoid touching your eyes, nose or mouth, especially with unwashed hands.
 - e. Avoid shaking hands. Substitute elbow or fist bumps.
 - f. Use good respiratory hygiene
 - i. If you cough or sneeze, cover it your mouth and nose with your sleeve in your bent elbow or use a Kleenex. Dispose of the Kleenex properly and wash your hands.
2. Stay home if you feel unwell. If you have fever, cough and difficulty breathing, seek medical attention.
3. Avoid close contact with people who are sick.
4. Disinfect surfaces regularly.
5. Avoid travel to high-risk places.

ASK: There's another way to prevent catching an infection that we have not discussed, and it's the most powerful of all. Does anyone know what it is?

ANSWER: It's your own immune system! Did you know you can use lifestyle strategies to optimize the health and wellbeing of your body to reduce the chance of becoming host to the virus in the first place?

ASK: What do you think are some of the ways that you can boost your immune system?

Answers may include: (be sure to state them all if they don't guess)

1. Get restful sleep; at least 7-8 hours every night
2. Reduce and manage stress. Living in stress (fear, anxiety, anger) is the body living in the survival response. In stress, the sympathetic nervous system is engaged, flooding the body with adrenaline and cortisol. Over time constant stress depletes your body's vital life force reserves, weakens the immune system and can down regulate your genes to be more susceptible to illness and disease.
 - a. Undertake activities that engage the parasympathetic nervous system, the state where the body's internal systems are restoring and repairing themselves. Activities include mindfulness, meditation,

deep breathing and walking in nature. Remember, you can **literally worry yourself sick** (Source Heart Math Institute)

3. Focus on healthy emotions; be happy! Emotions like love, compassion, joy, empathy and appreciation flood the body with serotonin, endorphins and other happy chemicals that boost the immune system and upregulate genes for wellness and longevity. Everyday, take time to focus on what you are grateful for. (Source: Scientific American. How happiness boosts the immune system)
4. Eat a healthy diet. Ditch the sugars and refined carbohydrates and instead fill your plate with fruits, vegetables, and healthy fats and proteins.
5. Reduce sources of inflammation. Take supplements such as Vitamin C, turmeric, ginger, green tea etc.

If you want to have a healthy immune system, you need to laugh often, view life with a positive eye, and put yourself in a relaxed state of mind on a regular basis.

MICHAEL T. MURRAY, N.D.



DISCUSS THE FOLLOWING STATISTICS:

- COVID-19 is **not as deadly** as **other coronaviruses**, including SARS and MERS.
- **80% of patients will have mild symptoms and recover.**
- About 14% of cases will be more severe, including pneumonia and shortness of breath.
- About 5% will experience critical symptoms.
- In approx. 2-3% of cases the virus is fatal, more likely seen in older adults.
- To date, there have been relatively few cases in children.
- It does not transmit as efficiently as influenza.
- As of March 5, 2020, there have been 95,265 cases reported globally; of those, approximately 93,000 will recover.

Putting it in perspective: In the U.S. alone, the flu has caused an estimated 32 million illnesses, 310,000 hospitalizations and 18,000 deaths this season, according to the Centers for Disease Control and Prevention (CDC)

DISCUSS: *(here is a good place to insert statistics or questions to your audience to get them to think. Ask statements can be placed throughout the safety talk.)*

Discuss your company policy or rules. *Discuss options to work from home, sick leave policy and any other illness related accommodations as per your company.*

STATE: If you have any questions regarding the topics discussed today, go to the World Health Organization website <https://www.who.int/> for up to date information. If it is related to work specific questions or concerns about sick leave or our preventative measures, please ask me. If I don't have an answer for you now, I will direct your question to another individual, if you are comfortable with that. We want you to be safe and feel safe while at work!

Citation:

- <https://www.canada.ca/en/public-health/services/diseases/coronavirus-disease-covid-19.html>

About Face Masks

Since the actual risk of being infected with COVID-19 is currently low, it is not recommended that the general public wear face masks. Only people who have, are suspected of having the virus, or are health care workers, need to be wearing face masks at this time. If you are wearing a facemask for prevention, a simple face mask is not effective as it allows for air and particles to penetrate at the openings. An N95 mask must be worn that is fitted to provide a proper seal to the face.

RECORD OF SAFETY TALK



Company Name:
Workplace
Talk Given by:
Safety Solutions

Work Location Dept.:
Date/Time:

SAFETY TALK

Results of inspection, demonstration or other activity or suggestions during the talk:

List of All Employees Who Attended the Safety Talk:

Name (PRINT)	Signature
1.	
2.	
3.	
4.	
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15.	

- <https://www.who.int/>
- <https://www.cdc.gov/>

Facilitator, remember to:

- | | |
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| <ol style="list-style-type: none"> 1. Ask for the commitment of your employees, 2. Answer all questions, | <ol style="list-style-type: none"> 3. Thank them for their time and 4. Document that this safety talk occurred. |
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Signed: _____

Position Held: _____