SILBA Self Insured Lumber Businesses Association

Safety Blast
COVID-19/Flu Season

Symptoms:

COVID-19	Flu	Common Cold
Fever/Chills	Fever	Runny nose
Cough/Sore throat	Chills	Watery Eyes
Shortness of Breath/Difficulty Breathing	Body Aches and Pains	Stuffy Nose
Fatigue/ Muscle/Body Aches	Weakness and Fatigue	Congestion
Headache/ Congestion or Runny Nose		Sneezy
Loss of taste or smell		Cough
Nausea/Vomiting/Diarrhea		
Symptoms appear 2-14 Days after exposure Symptoms may last from 2 – 6 weeks	Symptoms may last 7-14 days Fast onset of Symptoms	Symptoms last 3-10 Days Symptoms build over 48 Hours

Things you can do to prevent one or all of these illnesses

- Follow CDC guidelines https://www.cdc.gov/coronavirus/2019-ncov/index.html
- Wear a mask
- Wash your hands
- Maintain social distancing
- Do not go to work if you feel ill
- Restrict nonessential travel

Talking Points:

- What should I do if I think I was exposed to COVID - 19?
  - Consult with your physician
  - Quarantine
  - Possibly get tested
- What should I do if I feel ill?
  - Stay Home
  - Retrace your steps to identify possible exposure
  - Consult with your physician
- What should I do if I think my coworker is ill and still coming to work?
  - Know your company's policy
  - Talk to your supervisor or HR department