

COVID-19



SAFETY HELP SHEET

The new coronavirus is sweeping the globe. What is it? And how can you protect yourself and your crews so they can effectively cover it?

What is COVID-19?

COVID-19 is the infectious disease caused by the most recently discovered coronavirus. This new virus and disease were unknown before the outbreak began in Wuhan, China, in December 2019. The most common symptoms of COVID-19 are fever, tiredness, and dry cough. Some patients may have aches and pains, nasal congestion, runny nose, sore throat or diarrhea. These symptoms are usually mild and begin gradually. Some people become infected but don't develop any symptoms and don't feel unwell. Most people (about 80%) recover from the disease without needing special treatment. Around 1 out of every 6 people who gets COVID-19 becomes seriously ill and develops difficulty breathing. Older people, and those with underlying medical problems like high blood pressure, heart problems or diabetes, are more likely to develop serious illness. People with fever, cough and difficulty breathing should seek medical attention. (WHO) COVID-19 is one of seven types of known human coronaviruses. COVID-19, like the MERS and SARS coronaviruses, likely evolved from a virus previously found in animals. The remaining known coronaviruses cause a significant percentage of colds in adults and children, and these are not a serious threat for otherwise healthy adults. (OSHA)

Protect Yourself and Your Crews!

The best way to prevent illness is to avoid being exposed to this virus. The virus is thought to spread mainly from person-to-person. Between people who are in close contact with one another (within about 6 feet). Through respiratory droplets produced when an infected person coughs or sneezes. These droplets can land in the mouths or noses of people who are nearby or possibly be inhaled into the lungs. (CDC).

No vaccine or specific treatment for COVID-19 infection is available. Hospitals can provide supportive care for infected people. (OSHA)

The best ways to prevent the spread of COVID-19 is to 1) Clean your hands often 2) Avoid close contact 3) Stay home if you ARE sick! 4) Cover coughs and sneezes 5) If you do get sick, wear a facemask to protect others from you 6) Clean and disinfect frequently touched surfaces daily. (CDC)

Working Around COVID-19, Tips from KING5

- Our meetings take place in small groups in open areas.
- You simply do NOT come in if you have any symptom of anything.
- We do not shake hands. Try to maintain that 6ft space as best we can. "Social distancing."
- Most field crews do not report to the building. It is all take home cars and remote editing. We hand off TVU's in our back alley. "Drive-thru TVU."
- Anyone who can work from home does.
- Sanitizing gel and wipes have been distributed to crews.
- Cleaning services have been increased.
- We ask photographers to be mindful of sanitizing the lav mic or do not use one if you have concerns.
- Work stations are wiped down before use.
- Hand washing is a top priority. Use soap and water in house and conserve the sanitizing gel for those who do not have access to soap and water.
- Schools closed so we will likely have to accommodate shift changes for those families - where we can.
- Remember that if you have at risk employees or employees with at risk family members, honor their requests.
- Temporarily stop visitors from entering the building, only essential people allowed.
- Ask for help. Call up corporate. Be ready to backfill positions.

Sources for More Information

<https://www.who.int/emergencies/diseases/novel-coronavirus-2019>

<https://www.cdc.gov/coronavirus/2019-ncov/index.html>

<https://www.osha.gov/SLTC/covid-19/>