

The current risk of contracting COVID-19 in the U.S. and Canada varies by community. **It's critical that everyone does their part to limit the spread of the virus, as people without symptoms or with mild symptoms can still spread the virus to others, especially with the Delta variant.**

## How COVID-19 Spreads

COVID-19 is spread in three main ways:

- ▶ Breathing in air when in close proximity (less than six feet) for a prolonged period of time (15 cumulative minutes over a 24 hour period) to an infected person who is exhaling small droplets and particles that contain the virus, especially in enclosed spaces without good ventilation.
- ▶ Having these small droplets and particles that contain the virus land on the eyes, nose or mouth, especially through splashes and sprays like a cough or sneeze.
- ▶ Touching your eyes, nose or mouth with hands that have virus droplets or particles on them.

## Protect Yourself from COVID-19

- ▶ **Get vaccinated as soon as you are eligible to do so. If you are fully vaccinated, you can more safely resume activities you did prior to the pandemic.**
- ▶ Follow orders, guidance and recommendations from federal, state and local agencies.
- ▶ Avoid close contact with people who are sick.
- ▶ Follow proper hygiene practices and respiratory etiquette.
- ▶ Avoid large crowds and poorly ventilated areas.
- ▶ Wear a facial covering in indoor public places.
- ▶ Practice social distancing by limiting person-to-person contact within six feet.
- ▶ If you are unvaccinated, weigh the importance vs. the risk of attending events in person instead of remotely.
- ▶ If you are unvaccinated, avoid non-essential travel on commercial airlines, trains and buses for work or personal use. When making travel plans, take into account the circumstances where you live, where you're going and the planned route.

Employers can also help protect workers from COVID-19 by allowing workers with known exposure or who are sick to stay home or use available telework options without punitive measures such as loss of pay.

## Symptoms & Exposure

- ▶ Fever (100.4°F or greater) or chills, cough, shortness of breath or difficulty breathing, fatigue, muscle or body aches, headache, loss of taste or smell, sore throat, congestion or runny nose, nausea or vomiting, diarrhea.
- ▶ It takes between 2-14 days for symptoms to appear after exposure. The average onset of symptoms is around 5 days.
- ▶ Some people never develop symptoms but are infected and can pass the disease to others. This is called asymptomatic spread.
- ▶ Some people who are vaccinated can still get infected. This is called a breakthrough infection.
  - Fully vaccinated people with a breakthrough infection are less likely to develop serious illness, require hospitalization or die from COVID-19 than people who are unvaccinated.
  - People who get breakthrough infections can be contagious.
- ▶ **If you think you have COVID-19:** Call your healthcare provider.
- ▶ **If you are unvaccinated and have a known or suspected exposure:** Quarantine and get tested; if negative, get tested again five to seven days after last exposure or immediately if symptoms develop during quarantine.
- ▶ **If you are vaccinated and have a known or suspected exposure:** Get tested three to five days after exposure. Wear a mask in public indoor settings for 14 days or until you receive a negative test result. Monitor for COVID-19 symptoms for 14 days after exposure. Isolate for at least 10 days and until symptoms improve if the COVID-19 test result is positive.

## Groups at Risk for Getting Very Sick from COVID-19

- ▶ Older adults (age 65 and up)
- ▶ People with underlying health conditions (e.g., heart disease, lung disease, diabetes, cancer)
- ▶ People with weakened immune systems

## What to Do If You Get COVID-19

- ▶ Keep in contact with your healthcare provider.
- ▶ **Stay home except to get medical care.** Don't go to work, school or public areas and avoid public transportation.
- ▶ If you must go out in public, wear a facial covering and avoid close contact with other people.
- ▶ Seek medical attention if your conditions worsen (e.g., difficulty breathing).
- ▶ Clean "high-touch" surfaces every day with a household cleaning spray or wipe.
- ▶ Avoid sharing personal household items like drinking glasses, utensils or bedding.

## Additional Resources

Visit the Fund's Coronavirus & COVID-19 Resource page at [www.lhsfna.org/index.cfm/coronavirus/](http://www.lhsfna.org/index.cfm/coronavirus/). For specific questions not covered above, contact the Fund at 202-628-5465 or by email at [communications@lhsfna.org](mailto:communications@lhsfna.org)

**COVID-19 PROTECTION:**  
DIFFERENCES BETWEEN SURGICAL MASKS, PAPER MASKS AND N95S

**Surgical Mask**

**Intended Use and Purpose**  
Provides a protective barrier against large droplets, splashes or sprays of bodily fluids. Protects others from the wearer's respiratory emissions.

**Face Seal Fit**  
Loose-fitting

**Fit-Testing Requirement**  
No

**Filtration**  
Does **NOT** provide the wearer with a reliable level of protection from inhaling smaller airborne particles and is **NOT** considered respiratory protection.

**Paper Mask**

**Intended Use and Purpose**  
Can be worn for comfort against non-toxic nuisance dusts during activities like mowing, sweeping and dusting. These masks are **NOT** respirators and do **NOT** offer protection against hazardous dusts, gases or vapors.

**Face Seal Fit**  
Loose-fitting and many only have one strap.

**Fit-Testing Requirement**  
No

**Filtration**  
These masks are **NOT** NIOSH-approved disposable filtering facepieces. Does **NOT** provide the wearer with a reliable level of protection from inhaling smaller airborne particles and is **NOT** considered respiratory protection.

**N95 Mask**

**Intended Use and Purpose**  
Reduces wearer's exposure to particles including small particle aerosols and large droplets (only non-oil aerosols).

**Face Seal Fit**  
Tight-fitting

**Fit-Testing Requirement**  
Yes

**Filtration**  
Filters out at least 95% of airborne particles, including large and small particles. Provides the wearer with a reliable level of protection from inhaling smaller airborne particles and is considered respiratory protection.

Construction N95

Surgical N95

**HAND WASHING 101**

- 1 USE SOAP
- 2 PALM TO PALM
- 3 BACK TO HANDS
- 4 FINGERS INTERLACED
- 5 BASE OF THUMBS
- 6 FINGERNAILS
- 7 WRISTS
- 8 RINSE HANDS
- 9 DRY HANDS

**WASH FOR AT LEAST 20 SECONDS.**

**LABORERS'**  
HEALTH & SAFETY FUND  
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THE POWER TO PROTECT