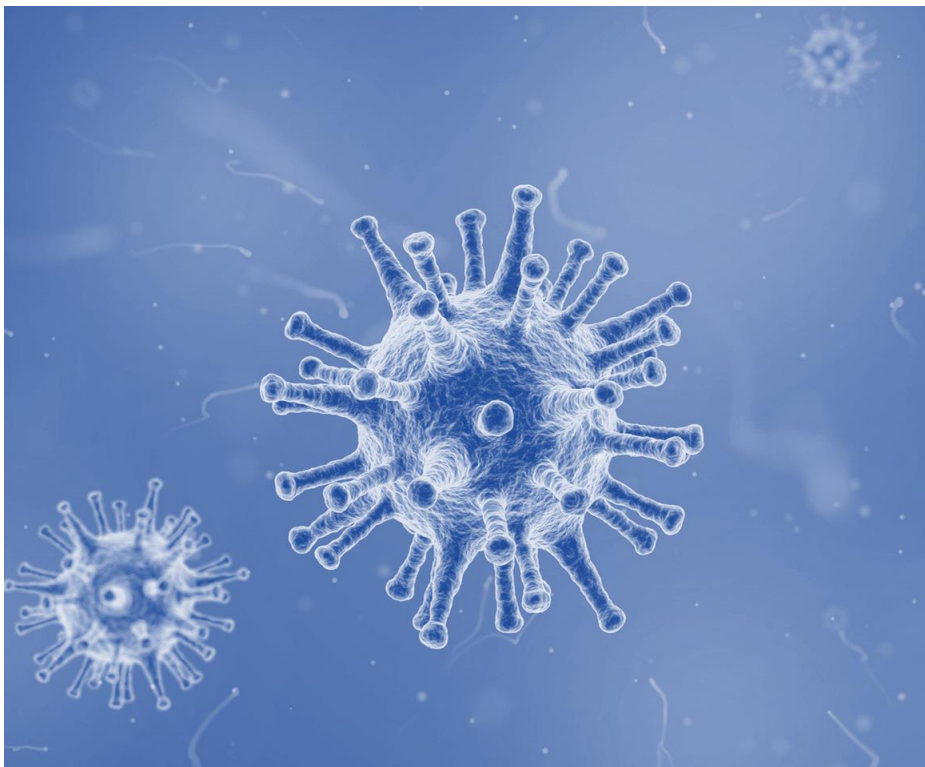


LATEST UPDATE ON PREVENTIVE MEASURES AGAINST NEW CORONAVIRUS SARS COV – 2 IN THE WORKPLACE



Last Updated: 30/03/2020

Coronaviruses are a group of viruses that usually cause respiratory infections of varying severity in both humans and animals. It is estimated that one third of upper respiratory infections in humans can be caused by coronaviruses. The coronavirus COVID-19 is a strain isolated for the first time by humans.

 **#WECARE**

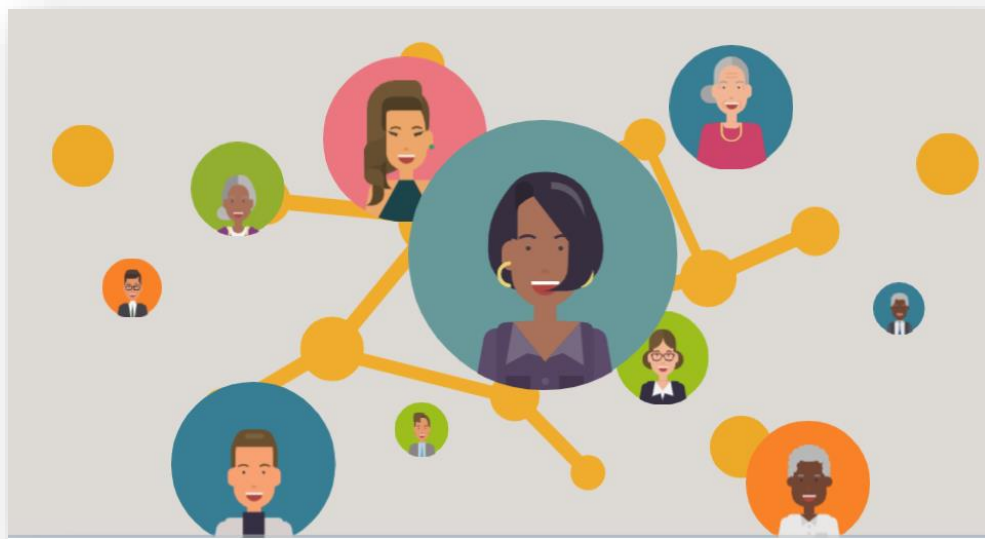
PRESS [HERE](#) TO SEE GEP'S VIDEO ON PREVENTIVE MEASURES!

Introduction

Coronaviruses are a group of viruses that usually cause respiratory infections of varying severity in both humans and animals. It is estimated that one third of upper respiratory infections in humans can be caused by coronaviruses. The coronavirus COVID-19 is a strain isolated for the first time by humans.

Transmission

Based on available epidemiological data, it appears that the novel coronavirus is transmitted from human to human through droplets excreted from a diseased person, by coughing or sneezing, or by direct or indirect contact with respiratory secretions, through infected hands. The incubation period of the disease is 2-14 days with an average of about 5 days.



Symptoms

The clinical symptoms of COVID-19 include mainly cough, sore throat, shortness of breath, fever, muscle aches, joints aches, fatigue, diarrhea and vomiting (less often).

PRESS [HERE](#) TO SEE GEP'S VIDEO ON PREVENTIVE MEASURES!

Vulnerable population groups

Most vulnerable to the emergence of serious disease are people over the age of 70 years or at any age with severe underlying chronic diseases (cardiovascular diseases, diabetes, respiratory diseases) and those with immunosuppression. For these vulnerable groups, it is particularly necessary to systematically implement all measures in order to prevent the transmission and spread of the novel coronavirus, giving extra emphasis on the following:



- ✓ Avoid contact with people with respiratory infection symptoms.
- ✓ Avoid all unnecessary trips, especially to areas or countries with a confirmed virus transmission to the community.
- ✓ Apply hand hygiene and avoid hand contact with the face (eyes, nose, mouth).
- ✓ Compliance with chronic medication which they may receive and with their doctor 's instructions
- ✓ Avoid crowded areas and events unless necessary.
- ✓ Contact the treating physician immediately for medical evaluation in case of respiratory tract infection symptoms.
- ✓ Avoid visits to hospitalized patients.
- ✓ Avoid visits to health service premises without serious reason.

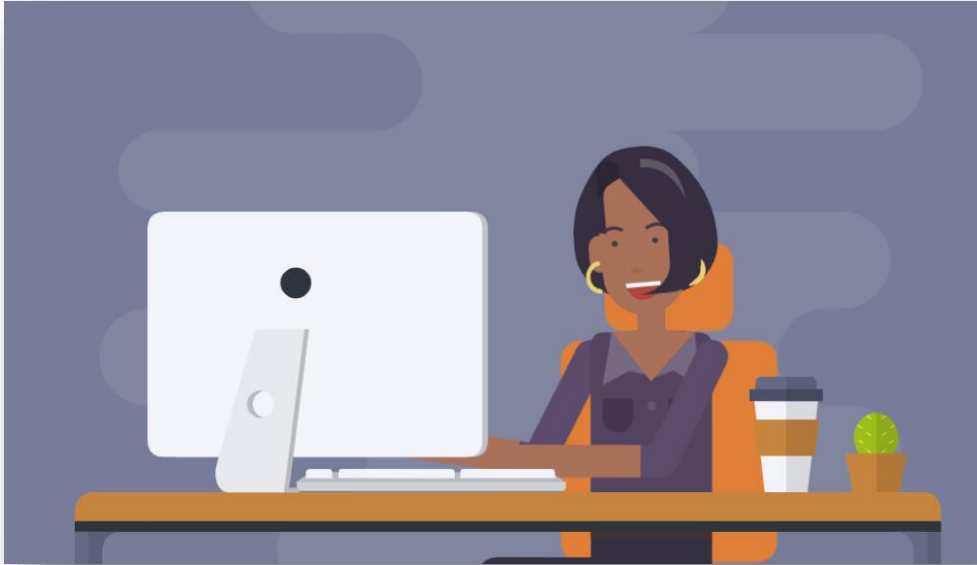
General Prevention Measures in the workplace

Preventive measures against the spreading of coronavirus SARS COV -2, include both personal hygiene instructions and instructions for cleaning and disinfecting areas, surfaces and objects. Employees should comply with the personal hygiene guidelines, ensuring that these instructions are also followed by visitors. The cleaning and disinfecting instructions are addressed to all staff,

PRESS [HERE](#) TO SEE GEP'S VIDEO ON PREVENTIVE MEASURES!

but especially to support staff (eg cleaning personnel). The cleaning personnel should ensure compliance with the hygiene rules provided herein.

Comply with the following:



- ✓ Avoid hand contact with eyes, nose and mouth to reduce the risk of virus infection.
- ✓ Avoid sharing personal items, such as pens, pencils, markers, telephones, or computers.
- ✓ On coughing or sneezing, cover your nose and mouth with the sleeve at elbow level or a tissue, reject the used tissue in the waste containers and thoroughly wash your hands
- ✓ Wash your hands regularly and carefully with liquid soap and water for at least 20", before eating and after visiting the toilet, and carefully dry hands with disposable paper towels and discard them into the bin.
- ✓ Avoid close contact (<2m) for more than 15 minutes if possible, with anyone with respiratory symptoms such as coughing or sneezing.
- ✓ As an alternative to handwashing, employees and visitors can either use a sufficient quantity of antiseptic alcohol solution (70% alcohol) or use alcohol wipes.
- ✓ Rubbing of hands is recommended until the antiseptic dries.
- ✓ The bottle with the alcohol solution (with infusion pump and base) must be clearly positioned at the entrance of each floor.

The collective organizational measures that employers should take are the following:

- ✓ Check the water and sewage system to immediately repair any damage
- ✓ Ensure that all washbasins in the toilets are always equipped with a liquid soap bottle and disposable paper towels, which should be disposed of in bins placed next to them.

PRESS [HERE](#) TO SEE GEP'S VIDEO ON PREVENTIVE MEASURES!

- ✓ Ensure that all trash bins have a removable foot lid and contain a disposable plastic bag.
- ✓ Careful and frequent cleaning of shared items (eg computer keyboard and mouse, telephones, photocopiers, etc.).

General preventive cleaning and disinfecting instructions

- ✓ Systematic and adequate periodical ventilation of all areas is required
- ✓ In addition to the usual cleaning tasks, frequent cleaning of frequently used surfaces is required (eg knobs, handles, ladder or railing, lifts, switches, taps etc.) with common detergents, such as liquid soap and water, or 10% household bleach solution (1 part household bleach diluted in 10 parts water) or an alcohol antiseptic.
- ✓ It is noted that preventive cleaning work should be done using disposable gloves and special work uniforms.



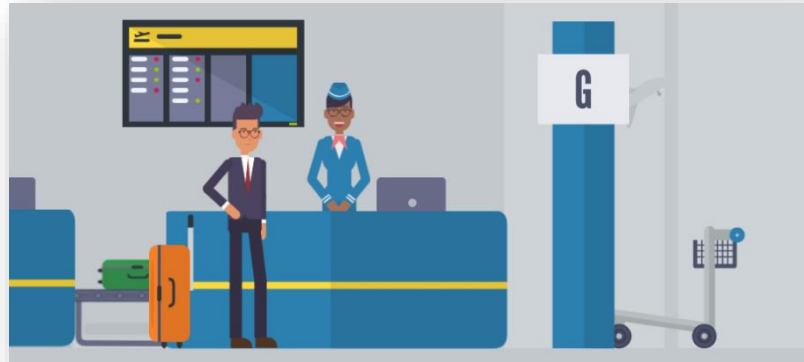
- ✓ Plastic bin bags, when filled, should be tightly tied and removed immediately. It is highlighted that, staff, when cleaning, should wear disposable gloves and work uniforms. The gloves after use should be disposed of immediately in plastic waste bin bags and do not attempt to clean and re-using them.
- ✓ Note that the use of disposable gloves doesn't replace proper hand washing in any way.
- ✓ Cost for purchasing Personal Protective Equipment and / or detergents are covered by the employer.

Instructions for Business travelers



PRESS [HERE](#) TO SEE GEP'S VIDEO ON PREVENTIVE MEASURES!

The risk for the traveler is now considered to be high. It is advisable to avoid traveling to locally transmitted COVID-19, unless necessary. **There is a strong recommendation for people belonging to vulnerable groups to avoid unnecessary travel and synchronization, wherever they are, indoors or outdoors.**



Special measures to prevent possible spreading of coronavirus COVID-19 in workplaces

Employees without symptoms

Employees, with either a history of traveling to areas with continuous transmission of the virus (see link [here](#)) or with a history of close contact **with a confirmed case** of coronavirus COVID-19 infection within the past 14 days, and are asymptomatic, are recommended to limit their contacts, stay away from work for at least 14 days from the date of their return from the trip or from the date of their last close contact with the confirmed COVID-19 case and monitor their health (thermometry twice daily) and apply the following:

- ✓ Stay in a well-ventilated room used by this person only.
- ✓ Limiting the care of the individual, ideally to one person who doesn't belong to vulnerable groups.
- ✓ Visits are not allowed.
- ✓ Other family members should stay in a different room and if this is not possible, keep a distance of at least 2m. by the person.
- ✓ Restrict one's movements at home as much as possible.
- ✓ Good ventilation of commonly used areas.

PRESS [HERE](#) TO SEE GEP'S VIDEO ON PREVENTIVE MEASURES!

- ✓ Wash hands thoroughly before and after each contact with the person or their environment (room, objects), before and after food preparation, before eating and after using the toilet (washing with soap and water or using alcoholic antiseptic depending on whether the hands are visibly dirty or not).
- ✓ Always cover mouth and nose during coughing or sneezing.
- ✓ Careful disposal of materials used to cover the nose and mouth, and thorough washing if materials are non-single use.
- ✓ Avoid direct contact with body fluids, particularly saliva, sputum or other respiratory secretions and feces with bare hands and use disposable gloves. Hand hygiene follows.
- ✓ Avoid contact with potentially infected objects of the individual as dishes, glasses, cutlery, towels, sheets which are reused after thorough washing.
- ✓ Cleaning and disinfecting surfaces and objects in an individual's room daily with a common detergent or soap, rinsing and then disinfecting with a household bleach solution at a ratio of 1:10.
- ✓ Cleaning the toilet daily in the same way.



Remote work is recommended where possible.

PRESS [HERE](#) TO SEE GEP'S VIDEO ON PREVENTIVE MEASURES!

Employees with symptoms



Employees, with either a history of traveling to areas with continuous transmission of the virus ((see link [here](#))) or with a history of close contact **with a confirmed case** of coronavirus COVID-19 infection within the past 14 days, which has unexpectedly developed any symptoms (eg. cough, sore throat, shortness of breath, fever, etc.), should immediately contact the National Public Health Organization (EODY: tel. 210 5212054 or tel. 1135) and report the incident so they obtain relevant guidelines for limiting the spread of coronavirus.

Subject to the provisions of the competent Ministry of Labor, in both above cases, the employee should immediately inform the occupational doctor (where applicable) and when there is no occupational doctor, the supervisor.

Necessary actions if any of the above symptoms occur to an employee during work.

An employee who suddenly develops the above-mentioned symptoms during his / her work, should stay in a place where he / she will not come into a contact with other people, inform the occupational doctor (where available) and the supervisor and immediately notify EODY to provide the necessary instructions, which should be strictly followed. The place where the employee stayed should be cleaned and disinfected from cleaning personnel after the employee's departure in accordance to EODY guidelines. Remote work is recommended where possible.

PRESS [HERE](#) TO SEE GEP'S VIDEO ON PREVENTIVE MEASURES!

Due to the potential survival of the SARS-CoV-2 virus in the environment for several days, areas and places are likely to be infected with the virus therefore disinfection should be done prior to reuse. Several antimicrobial agents have been tested against various coronaviruses. Some of the active ingredients, e.g. sodium hypochlorite (contained in household bleach) and ethanol are widely used in non-sanitary and non-laboratory units.

Antimicrobial agents with efficacy against several coronaviruses

Antimicrobial agents	Concentration	Checked Coronavirus
Ethanol	70%	HCoV-229E, MHV-2, MHV-N, CCV, TGEV
Sodium Hypochlorite	0.1-0.5%	HCoV-229E
	0.05-0.1%	SARS-CoV
Povidone iodide	10% (1%)	HCoV-229E
Glutaraldehyde	2%	HCoV-229E
Isopropanol	50%	MHV-2, MHV-N, CCV
Benzalkonium chloride	0.05%	MHV-2, MHV-N, CCV
Sodium chlorite	0.23%	MHV-2, MHV-N, CCV
Formaldehyde	0.7%	MHV-2, MHV-N, CCV

Although no data is available on the efficiency of the above antimicrobial agents against this SARS-CoV-2 virus, it is recommended to use 0.1% sodium hypochlorite (dilution 1:50 if 5% home chlorine is used) after neutral detergent cleaning. For surfaces that are likely to be damaged using sodium hypochlorite, it is necessary to use ethanol at 70% concentration after cleaning with a neutral detergent.

Cleaning should be carried out using appropriate personal protective equipment, such as: Masks with high respiratory protection FFP2 or FFP3, protective glasses, disposable waterproof protective uniform with long sleeves, and disposable gloves.

The correct donning and doffing of equipment should be followed. The discarded equipment should be treated as potentially infectious material and disposed of in accordance with national law. If non-disposable protective equipment is used, it should be disinfected with suitable disinfectants (eg 0.1% sodium hypochlorite or 70% ethanol) after each use.

In case of other disinfectants are used, manufacturer's instructions should be followed. Areas should be well ventilated when using disinfectants. All contaminated surfaces, such as walls and windows, toilet bowl and bathroom surfaces, should be carefully cleaned. All fabrics (curtains, sheets, etc.) should be washed with hot water (90oC) with added detergent. If this is not possible

PRESS [HERE](#) TO SEE GEP'S VIDEO ON PREVENTIVE MEASURES!

due to the nature of the fabrics, special products containing sodium hypochlorite or disinfectants specific to these fabrics should be used.



PRESS [HERE](#) TO SEE GEP'S VIDEO ON PREVENTIVE MEASURES!