

FAQs COVID-19

Series 1: (15th - 30th April 2020)

OCCUPATIONAL HEALTH AND SAFETY DURING COVID-19 PANDEMIC A Guide for Employers and Employees



FAQ

What is COVID-19?

COVID-19 is the infectious disease caused by a new coronavirus that can spread from person to person. The outbreak began in Wuhan, China in December 2019.

FAQ

How does COVID-19 spread?

The infection can spread from person to person through **small droplets from the nose or mouth** when a person with COVID-19 cough or exhales. These droplets land on objects and surfaces around the person. Other people then get the infection by touching these objects or surfaces, then touching their eyes, nose or mouth.

FAQ

What are the symptoms of COVID-19?

The most common symptoms of COVID-19 are:-

- **Fever**
- **Shortness of Breath**
- **Cough**
- **Sore Throat**

These symptoms are usually mild and begin gradually. Some people become infected but do not have any symptoms. About 80% of COVID-19 positive patients recover without needing special treatment. Around 1 in 6 becomes seriously ill and develop breathing difficulties. The elderly and those with underlying medical problems like high blood pressure, heart problems or diabetes, are more likely to develop serious illness.

FAQ

How do I select a hand sanitizer that is effective and safe?

Sanitizers with an **alcohol concentration of at least 70%** are effective. You can check the products at <https://www.npra.gov.my/index.php/en/consumers/information/products-search> or download app 'Npra product' at Google Play or App Store.

FAQ

Are disinfection tunnels/boxes/booths effective in prevention of COVID-19?

Current evidence shows these **methods do not limit the spread of COVID-19**. WHO and MOH Malaysia do not recommend spraying individuals or groups with chemicals disinfectants. Spraying the external part of the body with alcohol or chlorine does not kill the virus inside the body of an infected person and can be harmful to mucous membranes (i.e. eyes, mouth)

What can I do to protect my company and prevent the spread of disease?

FAQ

1. Make sure your workplaces are clean and hygienic.

Surfaces (e.g. desks and tables) and objects (e.g. telephones, keyboards) need to be wiped with disinfectants regularly because contamination on surfaces touched by employees and customers is one of the main ways that COVID-19 spreads.

2. Get the trustful information.

- Be aware of the latest information on the COVID-19 outbreak, available on the Ministry of Health and WHO websites.
- Keep up to date on the latest COVID-19 hotspots.

3. Educate and train the workers.

- Provide regular updates on COVID-19 to employees.
- Educate employees with basic information of COVID-19 (e.g. the symptoms and personal protective measures)
- Display posters at workplaces. Combine this with other communication channels commonly used in your organizations or business.

4. Pre task check-up.

- Declaration form - free from any symptoms.
- Temperature measurement.
- Supervision of personal protective measures & monitoring symptoms of employees.

5. Application of personal protective measures.

- Strict social distancing of at least 1 meter.
- Regularly and thoroughly clean hands with soap and water or an alcohol-based hand sanitizer.
- Practicing of good respiratory etiquette (sneezing and cough etiquette)
- Avoid touching eyes, nose and mouth.
- Employees with symptoms to seek medical attention and stay at home.
- Ensure that face masks and or paper tissue are available at your workplaces, for those who develop a runny nose or cough at work, along with closed bins to dispose of them.

Is COVID-19 an occupational disease?

FAQ

COVID-19 infection is considered **an occupational disease when activities at the workplace involve a direct exposure to the virus COVID-19**, for examples doctors, nurses or lab workers.

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