CORONAVIRUS DISEASE 2019 (COVID-19) AND MINING

COVID-19 is a respiratory illness that can spread from person to person.

Miners and operators should take steps to prevent illness and spread of COVID-19.

WHAT MINERS SHOULD DO:

- **Wash your hands** often with soap and water. If soap and water are not available, use a hand sanitizer containing at least 60% alcohol. Avoid touching your face, nose, and eyes.

- **Cover coughs and sneezes.** Always cover your mouth and nose with a tissue or use the inside of your elbow.

- To protect others, wear a **cloth face covering** (https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/diy-cloth-face-coverings.html) to block respiratory droplets made by coughs, sneezes, talking, or breathing when you aren't wearing your respiratory personal protective equipment (PPE).

- **Put distance between yourself and others** (stay at least 6 feet away, which is about two arm's length). This includes not crowding personnel carriers, hoists, and elevators, or other means of transportation at a mine to maintain 6 feet of distance between you and others.

- **Clean and disinfect** (https://www.cdc.gov/coronavirus/2019-ncov/community/disinfecting-building-facility.html) frequently touched surfaces and equipment.

- **Continue wearing and properly cleaning your personal protective equipment (PPE).** Facemasks should not be worn if the miner is wearing a tight-fitting respirator.

SYMPTOMS

People with COVID-19 have had a wide range of symptoms reported, ranging from mild symptoms to severe illness. Symptoms may appear **2-14 days after exposure to the virus.** People with these symptoms may have COVID-19:

- Fever or chills
- Cough
- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body aches

- Headache
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea

This list does not include all COVID-19 symptoms. Please call your healthcare provider for any other symptoms that are severe or concerning to you.

DEPARTMENT OF HEALTH & HUMAN SERVICES·USA

CDC

U.S. Department of Labor
MSHA
Mine Safety & Health Administration

cdc.gov/coronavirus

WHAT TO DO IF YOU HAVE SYMPTOMS
(https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html)

- **Call your healthcare provider (doctor, nurse, or clinic)** or local health department.

- **Stay home**, except to get medical care, and avoid close contact with others.

- **Separate yourself from other people** and pets in your home.

- **Monitor your symptoms.** Follow the care instructions from your healthcare provider and your local health department.

- **Check with your local public health officials** and follow state and local guidance for reducing the spread of COVID-19.

- **Do not travel unless you absolutely have to.**

WHEN TO SEEK MEDICAL ATTENTION

If you develop any of the following emergency warning signs for COVID-19, **call 911 and get medical help immediately:**

- Trouble breathing

- New confusion

- Inability to wake or stay awake

- Bluish lips or face

Notify the operator that you have, or think you might have, COVID-19. If possible, put a cloth face covering on before medical help arrives.

cdc.gov/coronavirus