



Course Outline

CORONAVIRUS (COVID-19)

WHAT EMPLOYEES NEED TO KNOW ABOUT COVID-19

ESTIMATED LENGTH OF COURSE

1.5 hours

Online self-paced course

LEARNING OBJECTIVES

This course is designed to help participants manage a large amount of information and provide a concise way of dealing with COVID-19. The goal of this beginner-level class is to provide participants with a better understanding of COVID-19. The course discusses CDC, Texas Department of Health, and other regulatory agency guidelines and recommendations. Also covered are topics such as the math and science behind social distancing, hand washing, face coverings, testing, and more. The course examines what experts believe employees can do to combat the virus and prevent its spread.

CHAPTER 1: COVID-19 OVERVIEW

- Introduction
 - Recognize that COVID-19 is a virus
 - Identify how COVID-19 is spread
 - Discuss CDC & Texas Department of Health guidelines designed to control the spread
 - Recognize things you can do to protect yourself
- Why take this course?
- COVID-19 is controllable
- Course terminology
- Knowledge check

CHAPTER 2: HANDWASHING

- Identify the basics and understand how the virus breaks down
- Proper hand washing procedure
- CDC soap and water vs. hand sanitizer (Optional: PDF Download)
- Describe how COVID-19 is a respiratory disease
- Knowledge check

CHAPTER 3: FACE COVERINGS

- Overview of face coverings
- CDC guidelines for face coverings
- Why face coverings can be a good strategy for preventing the spread of COVID-19
- Proper cleaning of face coverings
- Visual demonstration of the differences that a face covering can make
- Knowledge check

CHAPTER 4: SYMPTOMS of COVID-19

- Identify the symptoms of COVID-19
- Average time before you show symptoms
- CDC recommendations on when to seek care for COVID-19
- What corona virus symptoms look like day by day; timelines for levels of severity
- Compare COVID-19 symptoms to other common conditions
- Knowledge check

CHAPTER 5: SOCIAL DISTANCING AND FAQs

- Overview of social distancing
- Examine why social distancing is important
- The math behind social distancing measures
- CDC recommendations for ways to increase physical distance
- Suggestions for social distancing at work – ideas from leading research groups
- Other things to consider
- CDC Frequently Asked Questions (FAQs)
- Knowledge check

CHAPTER 6: CLEANING AND DISINFECTING

- Guidance for cleaning and disinfecting
- Developing, implementing and maintaining a plan
- EPA – 6 Steps for safe and effective disinfectant use (Downloadable PDF)
- Cleaning hard or non-porous surfaces
- Cleaning soft or porous surfaces
- Clorox facts on soft vs. hard surfaces (Downloadable PDF)
- CDC and manufacturer recommendations for cleaning electronics
- Cleaning and disinfecting work vehicles
- Knowledge check

CHAPTER 7: COVID-19 Testing

- What do you need to know about testing?
- Types of tests for COVID-19
- Steps to take if you think you have COVID-19 and information about testing
- Knowledge check
- Reference of course resources

WHO SHOULD ATTEND?

This course is designed to provide core knowledge to anyone who wants to increase their knowledge of this current pandemic.

PREREQUISITES: None