



## COVID-19 (Coronavirus) Information and General FAQs

These FAQs may be updated from time to time as new information becomes available and/or as we receive new questions from employees.

This document is not intended to be exhaustive and we encourage you to supplement your knowledge by visiting the Centers for Disease Control at [www.cdc.gov](http://www.cdc.gov) for the latest information on COVID-19.

### TABLE OF CONTENTS

Click on your question below to hyperlink to the answer.

#### **COVID-19 (CORONAVIRUS) GENERALLY**

[What is COVID-19?](#)

[How is COVID-19 spread?](#)

#### **PREVENTION AND TREATMENT**

[What are some tips on how to stay healthy?](#)

[What are some of the symptoms of COVID-19?](#)

[What do I do if I start experiencing some of the symptoms associated with COVID-19?](#)

[What is the difference between quarantine, isolation and/or social distancing?](#)

[How do I self-isolate or self-quarantine?](#)

[Where do I go to get tested?](#)

[What is MAREK doing as a company to help manage this COVID-19 issue?](#)

#### **COVID-19 (CORONAVIRUS) GENERALLY**

##### **What is COVID-19?**

COVID-19 – also known as the novel-coronavirus – is a respiratory virus that originated in Wuhan, China. The virus is contagious and is suspected to be transmitted through coughing and sneezing of infected individuals. At the present time, there is no vaccine, cure or specific treatment.

##### **How is COVID-19 spread?**

Health authorities have not confirmed how COVID-19 is transmitted, but suspect it is spread through person-to-person contact (contact within 6 feet) or contact with infected bodily fluids. Authorities do not believe you can get it from air, water or food; however, it is possible that the virus might be spread by contact with a contaminated surface.

## **PREVENTION AND TREATMENT**

### **What are some tips on how to stay healthy?**

- Stay home when you are sick
- Try to maintain distance of at least 6 feet from any individual, especially those with respiratory symptoms, such as sneezing and coughing
- Refrain from touching your eyes, mouth and nose
- Avoid close contact with people who are sick
- Reduce the time spent in crowded settings, groups of more than 6 people, as much as possible
- Improve airflow in your living space by opening windows
- If you cough or sneeze with a tissue, be sure to throw the tissue away. If a tissue is not available, cough or sneeze into your sleeve.
- Clean and disinfect frequently touched objects and surfaces using a regular household cleaning spray or wipe
- Wash your hands often with soap and water for at least 20 seconds (and/or use alcohol-based hand sanitizer), especially after going to the bathroom, before eating and after blowing your nose, coughing, or sneezing

The CDC has additional information that might be valuable at:

[https://www.cdc.gov/coronavirus/2019-ncov/prepare/prevention.html?CDC\\_AA\\_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fabout%2Fprevention.html](https://www.cdc.gov/coronavirus/2019-ncov/prepare/prevention.html?CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fabout%2Fprevention.html)

### **What are some of the symptoms of COVID-19?**

Primarily, it's fever, cough and shortness of breath. There is additional information on the virus at <https://www.cdc.gov/coronavirus/2019-ncov/index.html>.

### **What do I do if I start experiencing some of the symptoms associated with COVID-19?**

If you are experiencing symptoms associated with COVID-19, particularly a fever, or feeling unwell, **do not go to work**. Contact your local health care provider or local health department for assistance.

### **What is the difference between quarantine, isolation and/or social distancing?**

**Quarantine** applies to people without symptoms, but who are reasonably believed to have been exposed to a contagious disease. Exposed people are instructed to self-quarantine in an attempt to prevent spread. Generally, this means staying home and avoiding any situation where you could unintentionally expose others.

**Isolation** means the separation of a person or group of people who have actually shown symptoms, and who are known or reasonably believed to be infected or potentially infectious. Self-isolation for public health purposes may be voluntary or compelled by federal, state, or local public health order.



Last, **social distancing** means remaining out of congregate settings, avoiding mass gatherings, and maintaining distance (approximately 6 feet or 2 meters) from others when possible.

#### **How do I self-isolate or self-quarantine?**

You are advised to follow federal, state, and/or local orders. But in general, if you are asked to self-quarantine, here are some things to keep in mind:

- **Can I leave my home?** Check with your local health department for guidelines. Local jurisdictions set the guidelines for this, and it varies from place to place. In general, you want to avoid the possibility of exposing others.
- **Can I go to the grocery store or pharmacy?** If you run out of food or medicine while in self-quarantine, use a delivery service and have the items you need left outside your door. Plan ahead for a possible quarantine by stocking up on two weeks' worth of non-perishable food and medicines. Contact your pharmacy or RX number on your ID card to allow for your prescription refills.
- **What if I live with other people?** Stay in your own room as much as possible, have your own set of towels, bedding, eating utensils, and if possible, it is advised to not share a bathroom. Wash your hands often, and clean or disinfect anything shared with other people. Wear a mask only if you have tested positive for COVID-19.
- **How long does self-quarantine last for COVID-19?** Most people are being asked to stay home for 14 days.
- **What if I start experiencing symptoms while in self-quarantine?** If you develop symptoms, the CDC recommends that you self-isolate, limit contact with others, and call your health provider.

#### **Where do I go to get tested?**

Health care providers will determine if you need to be tested, and where to go for that. The Company does not arrange for testing.

#### **What is MAREK doing as a company to help manage this COVID-19 issue?**

Please see the Employee FAQs for a detailed response.