

# 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 **mask** (<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 2 arm lengths). 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).** Masks 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.



[cdc.gov/coronavirus](https://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
- Pale, gray, or blue-colored skin, lips, or nail beds, depending on skin tone

**Notify the operator that you have, or think you might have, COVID-19.**

If possible, put a mask on before medical help arrives.

