



Coronavirus Q&A

The coronavirus outbreak is causing massive disruption worldwide. Many employers and employees have questions about the virus in relation to work and the role of the occupational health and safety services.

The Coronavirus and your organization

How do you prepare? To ensure the continuity of your organization and to keep the control in your own hands, it is wise to be aware of facts and preventative measures. Below are a number of recommendations for employers and employees. The information is based on information from the RIVM (National Institute for Health and Environment) and the Dutch National Government.

For the most up-to-date information about the coronavirus, we advise you to consult the [RIVM](#) website. Or contact RIVM by telephone on 0800-1351.

Facts

- The virus mainly spreads through droplets from a person's mouth which hang briefly in the air when they cough or sneeze.
- The main symptoms are fever with respiratory complaints such as coughing, shortness of breath and pneumonia.

What can I do as an employer?

- / Inform employees of the hygiene measures they must take (see prevention).
- / Make sure that everyone follows these measures and address each other accordingly.
- / Make sure there is enough water and soap available.
- / Provide enough tissues at the workplace.
- / Clean regularly (think of door handles or knobs, light switches, banisters, keyboards and computer mice).
- / Current regulations are to avoid shaking hands and keep 1,5 meter distance from everyone in direct environment. Communicate this policy to employees, customers and visitors.
- / Current regulations require a person with (mild) flu symptoms AND their relatives to stay at home and contact their GP.
- / It is important to avoid essential work coming to a standstill. Make an emergency plan where your organization can continue to function if:
 - Many employees are unable to work or come to the company due to illness.
 - Your organization lands in a quarantined area where no personnel can reach your organization.

Other questions?

Do you have any questions regarding the occupational health and safety service and the coronavirus? Please do not hesitate to contact us. We wish you and your employees good health and strength during these challenging times.

When to contact the doctor?

When there are symptoms of fever or respiratory complaints and if you have been in one of the corona-suspected areas in the past 14 days.

Prevention

What can I do to prevent the spread of the coronavirus?

- Wash hands regularly with soap and water.
- Cough and sneeze into your elbow.
- Use only paper tissues and only use them once.
- Keep 1,5 meter distance of other.
- Stay at home as much as you can and only leave the house when necessary.

Interesting links

[This map](#) shows the registered corona infections worldwide (by Johns Hopkins CSSE).

Link to [WHO](#) regarding the corona virus.