

# Longshore Safety Tip

December - 2020

## Evaluation of COVID-19 Symptoms

Longshore workers are required to evaluate their own symptoms before reporting to work. If you develop any of the symptoms below, contact your doctor to discuss your condition, you may need to isolate yourself or get a COVID test. Do not report to work if you develop COVID symptoms. Contact your Employer or Union representative.

### Self Evaluation Symptoms

COVID-19 symptoms means a fever of 100.4 degrees Fahrenheit or higher, 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, or diarrhea.



COVID-19 is an infectious disease that can be spread through the air when an infectious person talks or vocalizes, sneezes, coughs, or exhales. COVID-19 may be transmitted when a person touches a contaminated object and then touches their eyes, nose, or mouth, although that is less common. Many infectious persons have no symptoms, and you should treat all persons, regardless of symptoms or negative COVID test results, as potentially infectious.

Infectious COVID particles can travel more than 6 feet, especially indoors. It is important to follow all required social distancing controls (always maintain at least 6 ft distance between others unless 6 ft of separation is not possible), to wear a facial covering, and to frequently wash your hands for 20 seconds with soap & water.

### If you Become Sick While on the Job

If while on the job you start to develop COVID-19 symptoms, or are not feeling well, notify your supervisor immediately. Keep your facial covering on at all times, and remain at least 6 feet away from others.

### If you Have Been Around Others with COVID Symptoms

Longshore workers should report all possible COVID-19 exposures to their local JPLRC as soon as possible. A COVID exposure means being within 6 feet of a COVID positive individual for a cumulative total of 15 minutes or greater in any 24 hour period, even if you were wearing a face covering.

The COVID benefits Leave Request Option // Guidance for Reporting COVID Cases // and additional information may be reviewed on the PMA website at [www.PMANET.org](http://www.PMANET.org)



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