

2020

# Ski Maine Association

**COVID-19 Readiness | Introduction & Module 1**



# COVID-19 Readiness

## Course Introduction

Welcome! This course is a rapid introduction to the general best practices you should know about and understand when it comes to working safely at a Ski Maine Association establishment during a global pandemic.

You're here to learn how to be safe and work within the guidelines developed by the **Ski Maine Association** in response to the **State of Maine's Department of Economic & Community Development's Covid-19 Prevention Checklist**. As you go through each section, take the time to think through how you might apply it to your daily work routine. After all, that's what this whole experience is designed to help you do.

If you're already doing some of these practices –great! Use this as an opportunity for a refresher. If you're not doing something that's in this material –great! That's why you're here.

Thanks for all you do to keep our team members and guests safe!

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# Module 1: What is COVID-19?

*A Brief Introduction to the Science of the Corona Virus*



# What is COVID-19?

## Learning Objectives

After reading this module, you will be able to answer the following questions:

1. What is the Primary Method by which the CORONA virus spreads?
2. What are the Common Symptoms that Signal a Corona Virus Infection? How Long does it Normally Take Before an Infected Person Begins to Experience Symptoms?
3. What Should You Do If You Begin to Experience Symptoms?
4. Where Did the Corona Virus Begin and How Did it Lead to a Global Pandemic?

## The COVID-19 Virus

- This module contains a brief introduction to the [Novel Corona Virus](#). Having a general understanding of the virus and how it can easily be spread between people will enable you to understand why policies and standard operating procedures had to change to keep people safe. You will gain a deeper understanding of how the COVID-19 pandemic has created a 'new normal' for industries across the globe. Additionally, we believe that attaining a general knowledge of how the virus spreads and COVID-19's common symptoms, you will be empowered to stay as safe as possible at work and at home.

# What are Corona Viruses?

Coronaviruses are a family of viruses that can cause illness in people. Coronaviruses circulate among animals, including camels, cattle, and cats.

The scientific name of the virus causing the current pandemic is SARS-CoV-2: the Severe Acute Respiratory Syndrome Coronavirus 2. SARS-CoV-2 is the seventh known human coronavirus and is the virus that causes COVID-19. Scientists think that that SARS-CoV-2 jumped species from animals to begin infecting humans.

**COVID-19** is the way we shorten the disease's scientific name: Coronavirus Disease first identified in 2019.

COVID-19 is a **respiratory disease** that is easily spread from **person-to-person**. The virus that causes COVID-19 is the SARS-CoV-2 novel coronavirus that was first identified during an investigation into an outbreak in Wuhan, China.

# What You Need to Know About How COVID-19 Spreads

What is the primary transmission method?

The Corona Virus is thought to spread mainly from **person-to-person**. The virus spreads by droplets made when people with the coronavirus cough, sneeze, or talk. These droplets can land in the mouths or noses of people nearby or be inhaled into their lungs.

Do ALL infected persons show symptoms?

People who are infected often—but not always—have symptoms of illness. People without symptoms are able to spread the virus, too.

**Are there other ways COVID-19 can spread?**

It may be possible that a person can get the coronavirus by touching a surface or object that has the virus on it and then touching their own mouth, nose, or possibly their eyes, but this is not thought to be the main way the virus spreads.

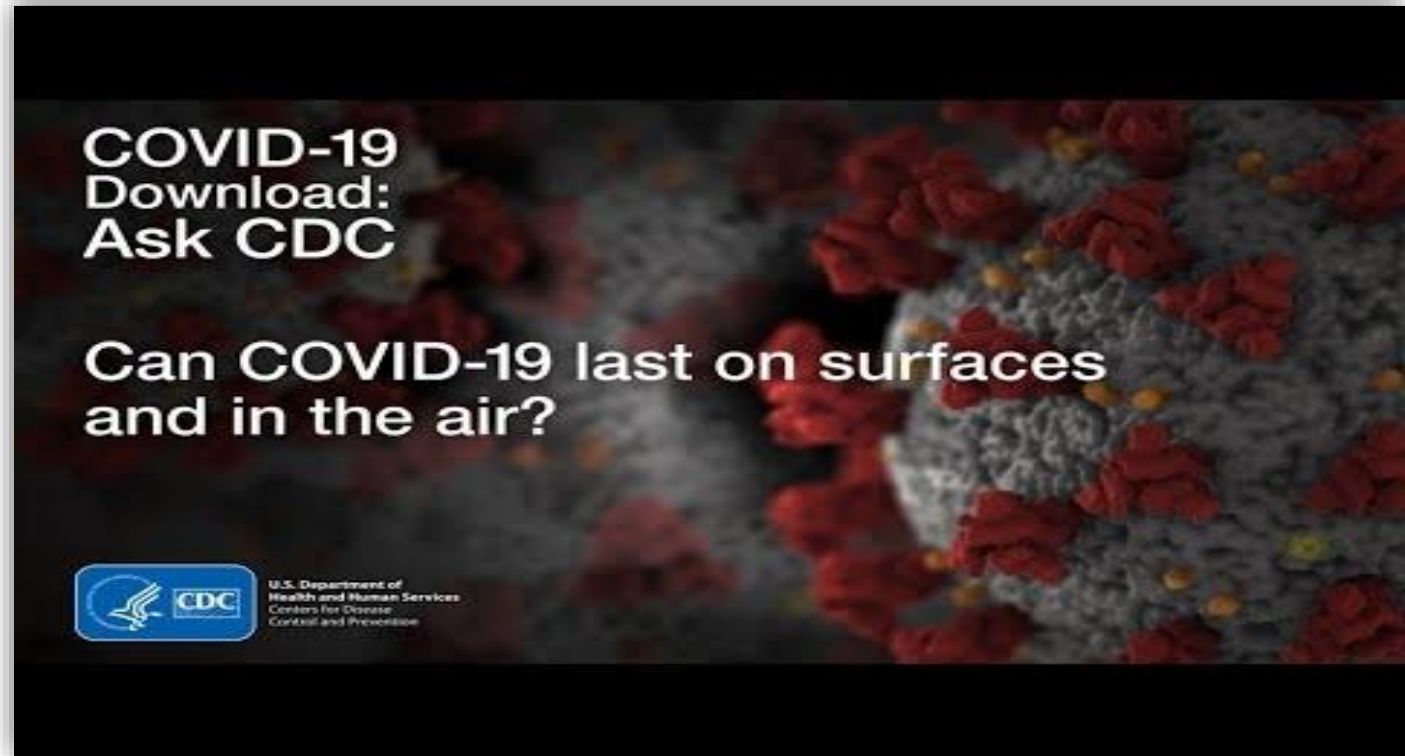


# Are there other ways COVID-19 can spread?

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Next, access [Can COVID-19 last on surfaces and in the air?](#) This brief video from Dr. John Brooks, the CDC's Chief Medical Officer. In this video, Dr. Brooks explains how the coronavirus can spread through the air and on surfaces.

After watching the video, observe the following CDC poster which highlights the COVID-19 symptoms. Remember, COVID-19 is primarily a respiratory disease (meaning that the virus negatively impacts the lungs). What other body systems does this virus impact?



Now, take a look at the [Symptoms of Corona Virus \(COVID-19\) Poster](#). Can you differentiate between mild symptoms or severe symptoms?

# Signs and Symptoms of Infection

The poster you have just viewed was created by the **Center for Disease Control (CDC)** to remind people of some of the more common symptoms of COVID-19. It is not a complete list, however. On this page, there is a more complete listing of COVID-19 symptoms. Pay attention to the differences between the common symptoms and the serious symptoms of the disease.

The CDC advises that people should watch for COVID-19 symptoms. Keep in mind, even though medical researchers have identified common symptoms for the disease, COVID-19 affects different people in different ways. Furthermore, it is possible to begin showing symptoms **2-14 days** after initial exposure to the coronavirus.



# Signs and Symptoms of Infection

## Mild symptoms of COVID-19 are:

- ✓ 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

## Serious warning signs of the disease are as follows:

- ✓ Trouble breathing
- ✓ Persistent pain or pressure in the chest
- ✓ New confusion
- ✓ Inability to wake or stay awake
- ✓ Bluish lips or face

# If You Feel Symptoms

So, now that you know the symptoms of COVID-19, you may be asking yourself, 'What should I do if I am home and begin to feel sick?'

If you develop any of the symptoms of COVID-19, follow these steps:

- 1. Alert your healthcare provider that you have developed symptoms that may indicate COVID-19.**
- 2. Your healthcare provider will ask you to describe your symptoms and to describe any contact you may have had with someone who had developed COVID-19. Your healthcare provider will instruct you what to do next.**
- 3. Alert your supervisor and describe the steps your healthcare provider has instructed you to follow.**
- 4. If you are having trouble breathing, or have any other concerning symptoms call 911 for immediate help.**

# Self-Quarantining

To keep our employees and customers safe, it is important that Ski Maine Association team members isolate themselves at home if they are experiencing COVID-19 symptoms. Follow these CDC guidelines to keep yourself, your co-workers, and members of the public as safe as possible. Click this [LINK](#) to access the video.





# COVID-19 Quick Check

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**STOP**

**CHECK YOUR KNOWLEDGE OF  
COVID-19 BY ACCESSING THE  
COVID-19 QUICK CHECK.**

**CLICK THIS LINK TO ACCESS  
THE MODULE 1 QUICK CHECK.**  
**THE GOAL IS TO SCORE AT LEAST  
80% BEFORE MOVING ON TO  
MODULE 2**