

Coronavirus Disease 2019 (COVID-19) outbreak - Information

Last update: 28th January 2022

Link to:

- [Solvay COVID-19 PLAYBOOK v1.5](#) (Solvay Guide for pandemic preparedness, response and deconfinement preparation, Jan. 2021)
- [Solvay COVID-19 OMICRON PLAYBOOK v1.0](#) (Jan. 2022)
- [Solvay COVID-19 NEWS](#)
- [FAQ for employees](#)
- [Travel: Solvay "Travel during Covid-19 Pandemic" webpage, COVID-19-Summer-Guidance](#)

START WITH READING THE [PRESENTATION](#) which is a summary constantly updated (last update: 30 April 2021)

See also [Infodemic WHO about COVID-19](#)

Prevention: Protect yourself and the others

PREVENTIVE BARRIER MEASURES

- The Power of the **AND**:
 - [Letter from Solvay's physicians to YOU](#)
 - [Caring for each other: presentation](#)
- **Hand washing, mask, distancing: e-learning SBS** (#SAFET OGETHER)
- [Posters, infographics for print](#)

1. Mask-wearing

- **Medical masks** prevent spreading the virus
 - ➔ In **shared areas** with other persons, especially if the physical distancing could not be guaranteed at some moments
 - ➔ For **sick persons**
 - ➔ Physician could also recommend to wear it **when return to work** after being sick
 - ➔ If requested by the **authorities**

* [How to put and remove medical masks](#)

- **Filtering Face Respirators (FFR)** (as N95, KN95 or FFP2) are protective

For persons at higher risk of exposure:

- **Medical staff** (physician, nurse): when assisting in close distance
- Potential intervention of **first aiders/responders** : when assisting in close distance
- **Guard**: if not possible physical barrier and has to be closer than 1-2 meters
- **Facilities** making the **cleaning/disinfecting**

- ➔ **Employees for which it is required to work at less than 1-2 meters** one from another *and there is no possibility to find a solution to ensure social distance of 1-2 meters by reorganizing tasks or shifts*. In this case they can wear FFR or both medical masks (to not contaminate each other).

2. Personal hygiene

- **Hand washing: Wash your hands frequently and thoroughly** (40-60 seconds) **with soap and water** (alcohol-based hand sanitiser if soap and water are not readily available)
 - SARS-CoV-2 survives 9 hours on human skin: importance of hand hygiene ([Source](#))
 - [Wash your hands \(soap & water, sanitiser\): When should you do it?](#)
 - [Hand Washing Steps Poster](#) ([other languages](#) - Login: 23AYCA384469), [Poster](#)
 - [Hand Sanitiser Steps Poster](#) ([other languages](#) - Login: 23AYCA384469)

1. Mask-wearing



Medical masks should be used:

- in shared areas
- by sick persons
- when return to work after being sick
- if requested by the authorities



Filtering Face Respirators (FFR) (N95, KN95 or FFP2) should be used by:

- persons at higher risk of exposure when assisting in close distance:
 - medical staff
 - first aiders/responders
 - guards
- facilities making the cleaning/disinfection
- employees required to perform jobs where social distance of 1-2 meters cannot be respected and with no other solution to ensure it.

2. Personal hygiene



Hand washing

Wash your hands frequently and thoroughly (40-60 sec.) with soap and water (alcohol-based hand sanitiser if soap and water are not readily available)



Cough etiquette

Cover mouth & nose with disposable tissue or flexed elbow
Throw tissue into a closed bin immediately after use
Hand washing



Avoid touching your face (eyes, nose and mouth)



Minimize sharing objects

Hand washing
Avoid touching face

- **Cough etiquette: Avoid spreading droplets when sneezing or coughing.**
 - Cover mouth and nose with disposable tissue or flexed elbow.
 - Throw tissue into a closed bin immediately after use.
 - Clean hands.
- **Avoid touching your face (mouth, nose, eyes).**
- **Minimize sharing objects** (wash hands & avoid touching face)

3. Physical distancing

- **Greet without shaking hands, hugging or kissing.**
- Implement a **physical distance (1-2 meters or 3-6 feet) EVERYWHERE** in the **site** (including in meetings, when eating) and outside of work in your **daily life** (including transports). If impossible in a specific case, look for a solution.
- Consider box meals to avoid people in the canteen.
- **Large gatherings are banned** at Solvay.

3. Physical distancing



4. Ventilation

- Ensure **good and regular ventilation with fresh air**, ideally by opening the windows. Opening windows and doors will increase even more the ventilation. If several doors, it is better to open the door in diagonal with the window.
- If you have **Heating, Ventilation and Air Conditioning (HVAC)**, minimize recirculation and ensure a good maintenance.
- If ventilation with fresh air via windows or mechanical ventilation cannot be properly ensured, consult for **alternative solutions** with Industrial Hygiene. It can include air purifiers.
- You can objectify if ventilation is good with **CO₂ measurements**.
- Don't use air fans.

4. Ventilation

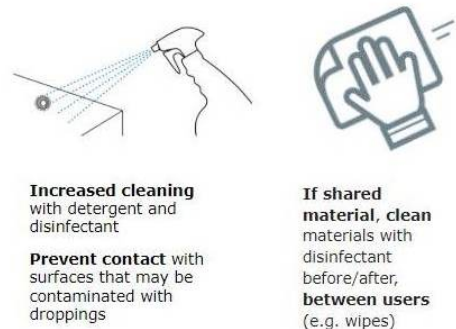


- * [How important is ventilation and how does it keep you safe from COVID-19?](#) (WHO)
- * [COVID-19: Focus on ventilation and air conditioning](#) (Solvay)
- * [HVAC Considerations to Reduce Potential Airborne Transmission of COVID-19](#) (Solvay)

5. Reinforced cleaning

- **Increase cleaning** with detergent and disinfectant.
- If someone shares material, clean materials with disinfectant before/after, **between users** (e.g. wipes).
- **Prevent contact** with surfaces that may be contaminated with droppings.
- Clean the workplace of a sick person after isolation.

5. Reinforced cleaning



- * [CDC recommendations](#), [ECDC recommendations](#), [WHO recommendations](#)
- * [General recommendations on disinfection to different objects](#) (Solvay)
- * [Genetic changes to the virus do not impact the efficacy of disinfectants](#) (US EPA)

SOLVAY RECOMMENDATIONS

If you develop symptoms (fever, cough or other respiratory symptoms)

([Poster](#))

- **Stay at home.** Wear a surgical mask if possible, take your temperature
- **Call for medical attention.**
 ✓ Your personal doctor (in first instance) or the toll free number in your country for COVID-19. Call always BEFORE going to a healthcare institution
 Call [ISQS](#) if you are a traveler or expatriate
 Share your history of travels and contacts with sick persons
 The physician will tell you if you can stay home or you need to go to the hospital
 You can also contact your Solvay [site physician](#) (or [Solvay Medical Referent for your Country](#))
- **Call your manager and inform your HR Site**

If you have been in close contact with an infected person

- Call your physician for medical advice and inform your manager

If you become sick at work

- Wear a surgical mask
- Call your manager and/or site physician to be adequately looked after and follow their instructions
- Keep physical distance of 1 to 2 meters and respect cough etiquette.
- Please rely on the usual emergency proceeding. All sites have been prepared to handle this situation.

Consult also Solvay publications:

- [Solvay COVID-19 PLAYBOOK v1.5](#) (Jan. 2021)
- [Solvay COVID-19 OMICRON PLAYBOOK v1.0](#) (Jan. 2022)
- [Presentation Solvay OH regularly updated](#)

Follow the requirements and recommendations from:

- Solvay Manager
- your Country authorities and Ministry of Health

→ At the workplace

Temperature screening : [Recommendations in case you perform it](#)

Testing: - [Synoptic table about Covid-19 tests](#) (Solvay)
- [Usage of the rapid antigen Abbott test Panbio COVID-19](#)

Case management & return to work : [Recommendations from the Solvay Medical network](#)

Travel : [Solvay "Travel during Covid-19 Pandemic" wikipeage](#)

First-aid: [CPR: How to resuscitate without mouth to mouth](#) + video

→ Other useful references

Workplaces:

- [WHO recommendations for workplaces](#) (19 March 2020)
- [WHO Considerations for public health and social measures in the workplace in the context of COVID-19](#) (10 May 2020)

Surface disinfection: WHO (slide 12) [How long human coronaviruses stay on surfaces](#)

Testing: [Abbott's educational guide to help understand COVID-19 testing](#)

Mental health: [WHO Considerations during COVID-19 Outbreak](#)

→ For the employees

Mental Health: (Solvay)

- [Article Mental Health during COVID-19](#) (19 March 2020)
- "How are you really doing?": [Initiative for Well-being at work](#) (29 July 2020)
- [Guide for Managers](#)
- [Flyer for all employees](#) (in 12 languages)
- [Care and collaborate tools to help managers and teams connect better in times of crisis](#) (23 Sept.2020)

Ergonomics for Home Office: [Ergonomic basics for setting up a mobile working](#) (Solvay); [video](#)

Travel/holidays : [COVID-19-Summer-Guidance](#) (Solvay) .

IF YOU HAVE ANY QUESTIONS ON THE OUTBREAK

Please feel free to contact:

- Solvay travel health service provider [ISOS](#) (International SOS)
- [Solvay Occupational Health network](#) or your Site Occupational Health physician

VACCINATION

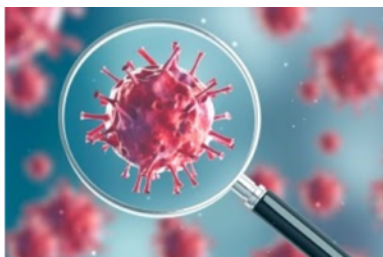
Solvay's company doctors "highly recommend" getting vaccinated against COVID-19, as the vaccines approved by the World Health Organization, the Food and Drug Administration, the European Medicines Agency and other authorities are key to fight against the pandemic, **protect your health and save lives**. This is a recommendation and in the end you will need to decide. We suggest you talk to your doctor and consider the vaccination seriously.

Further information and recommendations:

- [Q&A compiled by Solvay' Medical Network](#) (2021, permanently updated)
- [COVID-19 vaccines save lives](#) (13 Jan.2021)
- [Advice on Covid-19 vaccination](#) (24 Nov.2020)



General information



Context

- New virus: **SARS-CoV-2** (Severe Acute Respiratory Syndrome - CoronaVirus - 2)
- Disease : **COVID-19** (COronaVirus Disease - 2019)
- There is still much that is unknown about this new virus
- The cases were first identified and reported in people with pneumonia in Wuhan, China, in December 2019
- It probably started in animals (bat?) but is now spreading between people
- Areas with active community transmission/ outbreak are in evolution permanently
- The 11th March 2020, the World Health Organization has declared it to be a Pandemic

How is it spread?

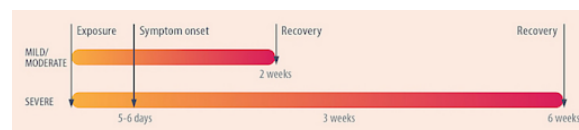
- From **one to another person**:
 - As colds and flu : through **droplets** which are created by infected persons when we talk, cough and sneeze.
 - **Aerosol transmission** , particularly in indoor locations crowded and inadequately ventilated where infected persons spend long periods of time with others, *cannot be ruled out*.
 - People can get infected when these droplets **enter the nose, eyes or mouth** .
 - Transmission can occur from an infected person asymptomatic or in the presymptomatic period (prior to onset of symptoms), although transmission is likely more efficient once symptoms develop.
- **Touching contaminated objects** puts the droplets onto your hands. If you touch your face the droplets can enter your nose / eyes / mouth
- Other potential ways :
 - Other coronaviruses have been known to spread from animals
 - Some other coronaviruses have spread through faeces, and COVID-19 might also spread this way.



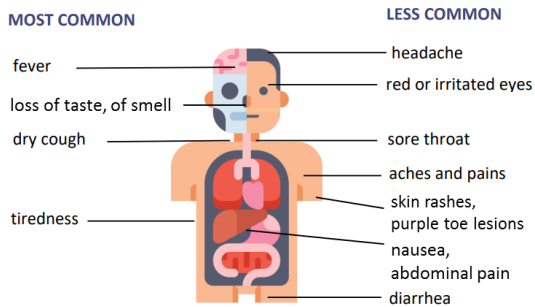
Symptoms

Symptoms appear within 14 days after exposure (mostly 4-6 days).

Monitor your health !



(Source: [WHO Infodemic 22 May 2020](#).)

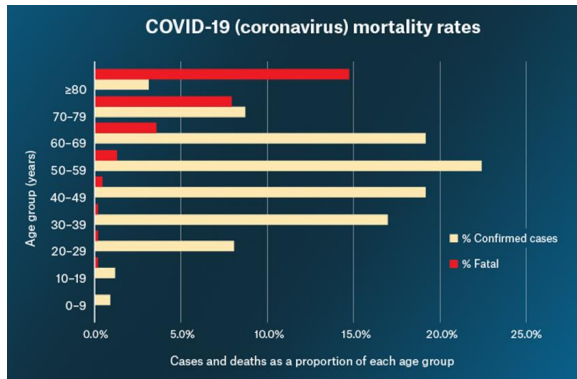


Approximately 1 in 5 people become very ill and develop serious symptoms such as shortness of breath, chest pain or loss of speech or movement.

(Source (updated): [WHO, 1 May 2020](#))

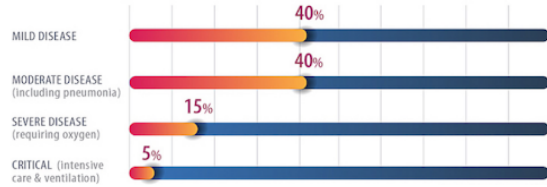
People at risk

People at higher risk of severe disease: **elderly persons or underlying health conditions**



(Source: ISOS - Executive summary 4 March 2020)

Transmissibility



(Source: [WHO Infodemic 22 May 2020](#))

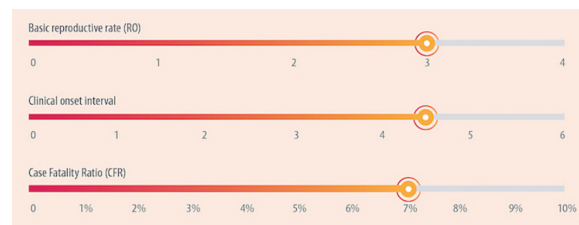
Underlying health conditions, e.g.:

- Cardiovascular disease, heart failure, high blood pressure
- Chronic kidney disease
- Diabetes
- Chronic pulmonary disease, asthma
- Cancer
- Immunosuppression

Obesity and smoking ([WHO ref. 1, 2, 3](#)) are risk factors

Even if there is limited scientific evidence of higher risk in **pregnant woman**, we recommend to pay special attention to prevention

COVID-19 much less frequent in children than adults, children tend to have milder disease



(Source: [WHO Infodemic 22 May 2020](#))

06 KEY PARAMETERS

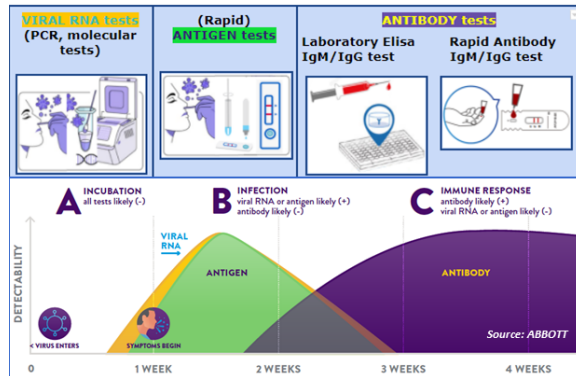
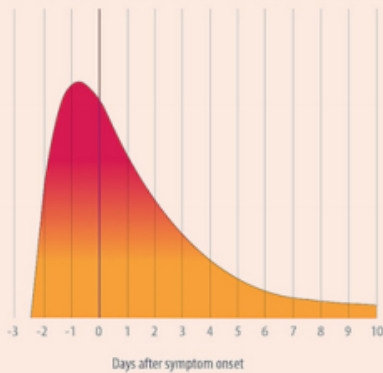
Basic reproductive rate or R0 is the number of people on average that are infected by one person in a completely susceptible population. Most estimates of R0 (December 2019 – May 2020) are between 2 and 4.

Clinical onset interval is the time between the onset of symptoms in successive cases in a chain of transmission. In most studies, the average time is between 4 and 5 days.

Case Fatality Ratio (CFR) is the proportion of episodes of illness that are fatal. The global (Dec 2019-May 2020) crude CFR is 7%.

04 VIRAL SHEDDING

The highest viral loads occur around the time of symptom onset and starts to decline shortly thereafter.



Immunity and COVID-19: [Summary made by WHO](#) (2nd August 2020)

Testing

Testing is a key tool in the fight against COVID-19. Different tests are available, but it is important to know the difference between each of them (viral RNA, antigen, and antibody testing) in order to get the right test at the right time, enabling reliable results and diagnoses.

[Abbott's Guide to getting the right Covid-19 tests at the right time.](#)
See also [Synoptic table about Covid-19 tests](#) (Solvay)

Educational material

- [Presentation Solvay OH regularly updated](#)
- [COVID-19 and Solvay: Frequently Asked Questions](#)

WHO (World Health Organisation): [WHO Q&A](#)

- [Quiz: Assess your risk of getting Covid-19](#) (Jan. 2021) (several languages)
- Synoptic document from WHO: [Infodemic WHO about COVID-19](#) (22 May 2020)
- General introduction to COVID-19: [animated video](#)
- Protection: [animated video](#)
- [Video WHO + FIFA](#)

ISOS (International SOS) : [ISOS Q&A](#)

- [Hand Washing Steps Poster](#) (other languages - Login: 23AYCA384469)
- [Hand Sanitiser Steps A3 Poster](#) (other languages - Login: 23AYCA384469)
- [COVID-19 - What you need to know](#)
- [Infographic posters](#) (Login: 23AYCA384469)

- [3 factors help you make safer choices](#) when you're in an area of widespread COVID-19 transmission
- [7 simple steps to protect yourself and others from COVID-19](#)
- how to protect yourself and the others: [recommendations for public](#) (incl. POSTERS)
- [EPI-WIN updates](#)
- [Staying Healthy at home](#)

Other relevant references:

- **ECDC** (European CDC): [Infographics and posters](#)
- Official website of the **Ministry of Health in your Country**

For deeper information on the outbreak

- **WHO:** <https://www.who.int/emergencies/diseases/novel-coronavirus-2019>
- **China CDC:** <http://www.chinacdc.cn/>
- **European CDC:** <https://www.ecdc.europa.eu/en/novel-coronavirus-china>
- **US CDC:** <https://www.cdc.gov/coronavirus/2019-ncov/index.html>
- Official website of the **Ministry of Health in your Country**
- **International SOS:** <https://www.internationalsos.com/>
- [Education and communication](#) material (slides and poster)
- [Overview](#)
- [FAQs](#)