



California Society of Safety & Security Professionals

April 3, 2020

**We are cancelling this meeting
due to the COVID-19 concerns**

See you all at our June 5th meeting!

Morning Seminar

There is NO morning seminar for April, 2020.



CSSSP

California Society of Safety & Security Professionals Los Angeles County Chapter

Volume 123

April 2020

Due to the concerns of COVID-19, the board have decided to cancel April's meeting! Please stay safe and hope to see you all at our June 5th meeting.

President's Message

Due to the recent outbreak of the coronavirus I think it's important to educate awareness on what to do to try to prevent contacting the virus, it's always best to make sure that you carry hand sanitizer whenever you go out in public, always be cautious when using public restrooms, shopping carts and especially eating out in restaurants, make sure the utensils are clean, all in all have your best defense and offense up at all times to try to protect yourself, family members and co-workers as well. By avoiding contact with sick people and washing your hands often, avoid touching and wiping your eyes, nose and mouth when you are out and about.

Another issue at hand is that we are still in the wet weather months of this new 2020 year so please do what you can around your employment buildings and at home to prevent any water damage, potential flooding by cleaning out gutter ways and traps that allow water to flow from heavy rains. So make sure your drains are free from debris.

Mario Quintanar
President

Top 10 Reasons to Hire a Safety Consultant:

1. Professionals with various certifications and qualifications that know OSHA's rules and regulations.
2. Get a hazard assessment conducted before you risk getting OSHA citations.
3. Get safety and health training for your employees delivered on just the topics you need.
4. Cheaper than hiring a full-time safety person... and we can provide assistance to an overloaded safety manager.
5. It shows your employees that you truly care about their safety and well-being which will boost morale!
6. Gives you the peace of mind knowing you have experienced support available and shows OSHA that you are operating in good faith.
7. Get real-time safety and health news alerts and OSHA regulation changes.
8. Helps create a safer workplace for your employees and builds a safety culture.
9. Will help prevent or reduce accidents, injuries, and potential OSHA citations.
10. **OSHA can offer employers a "good faith" discount for hiring a safety company!**

COVID-19 in California by the Numbers:

As of March 13, 2020, 8 a.m. Pacific Daylight Time, there are a total of 247 positive cases and five deaths in California (including one non-California resident). This total does not include passengers from the Grand Princess cruise ship currently docked in Oakland.

Ages of all confirmed positive cases:

- Age 0-17: 4 cases
- Age 18-64: 143 cases
- Age 65+: 98 cases
- Unknown: 2 cases

24 – Cases of positive tests related to federal repatriation flights

223 – Cases not related to repatriation flights

- 65 – Travel related
- 52 – Person-to-person acquired
- 56 – Community acquired
- 50 – Under investigation

Approximately 11,400 people are self-monitoring, across 49 local health jurisdictions, after returning to the U.S. from travel.

Eighteen public health labs in California are testing for COVID-19. These labs include the California Department of Public Health's Laboratory in Richmond, Alameda, Contra Costa, Humboldt, Los Angeles, Monterey, Napa-Solano-Yolo-Marin (located in Solano), Orange, Sacramento, San Bernardino, San Diego, San Francisco, San Luis Obispo, Santa Clara, Shasta, Sonoma, Tulare and Ventura County public health laboratories. The Richmond Laboratory will provide diagnostic testing within a 48-hour turnaround time. More public health labs will soon be able to test for COVID-19. This means California public health officials will get test results sooner, so that patients will get the best care.

How can people protect themselves?

There is currently no vaccine to prevent COVID-19. The best way to prevent illness is to avoid being exposed to this virus. The virus is thought to spread mainly from person-to-person between people who are in close contact with one another (within about 6 feet). This occurs through respiratory droplets produced when an infected person coughs or sneezes. These droplets can land in

the mouths or noses of people who are nearby or possibly be inhaled into the lungs. Older adults and people who have severe underlying chronic medical conditions like heart or lung disease or diabetes seem to be at higher risk for developing more serious complications from COVID-19 illness. Every person has a role to play. So much of protecting yourself and your family comes down to common sense:

- Washing hands with soap and water.
- Clean and disinfect frequently touched surfaces daily. If surfaces are dirty, clean them using detergent or soap and water prior to disinfection.
- Avoiding touching eyes, nose or mouth with unwashed hands.
- Cover your cough or sneeze with a tissue or your elbow.
- Avoiding close contact with people who are sick.
- Staying away from work, school or other people if you become sick with respiratory symptoms like fever and cough.
- Following guidance from public health officials.

Please consult with your health care provider about additional steps you may be able to take to protect yourself.

What should you do if you think you're sick?

Call ahead: If you are experiencing symptoms of COVID-19, and may have had contact with a person with COVID-19 or recently traveled to countries with apparent community spread, call your health care provider or local public health department first before seeking medical care so that appropriate precautions can be taken.

What are the symptoms of COVID-19?

Typically, human coronaviruses cause mild-to-moderate respiratory illness. Symptoms are very similar to the flu, including:

- Fever
- Dry Cough
- Shortness of breath

COVID-19 can cause more severe respiratory illness.

What is Novel Coronavirus (COVID-19)?

Coronaviruses are a large group of viruses that are common among animals and humans. This novel coronavirus that causes COVID-19 is a newly discovered coronavirus that has not been previously detected in animals or humans. The source of this virus is not yet known.

What is the treatment for COVID-19?

From the international data we have, of those who have tested positive for COVID-19, approximately 80 percent do not exhibit symptoms that would require hospitalization. For patients who are more severely ill, hospitals can provide supportive care. We are continuing to learn more about this novel coronavirus and treatment may change over time.

What is Social Distancing?

Social distancing is a practice recommended by public health officials to stop or slow down the spread of contagious diseases. It requires the creation of physical space between individuals who may spread certain infectious diseases. The key is to minimize the number of gatherings as much as possible and to achieve space between individuals when events or activities cannot be modified, postponed, or canceled. Although the Department of Public Health expects most events with more than 250 attendees to be postponed or canceled, we emphasize that the venue space does matter. Achieving space between individuals of approximately six feet is advisable.

Additionally, there is a particular focus on creating space between individuals who have come together on a one-time or rare basis and who have very different travel patterns such as those coming from multiple countries, states or counties.

Should I wear a mask?

The California Department of Public Health, along with the CDC, does not recommend that healthy people wear masks at this time. However, masks are recommended to limit the spread of disease for people who are exhibiting respiratory symptoms.

What if I have symptoms?

If a person develops symptoms of COVID-19 including fever, cough or shortness of breath, and has reason to believe they may have been exposed, they should call their health care provider or local health department before seeking care. Contacting them in advance will make sure that people can get the care they need without putting others at risk. Please be sure to tell your health care provider about your travel history. You can also take the following precautionary measures: avoid contact with sick individuals, wash hands often with soap and warm water for at least 20 seconds.

For more information on COVID-19, please visit the Centers for Disease Control and Prevention's website.

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