



## CRMCA Safety Notes

*Provided for Members of the Carolinas Ready Mixed Concrete Association*

Special Table : What to watch For; COVID-19

### Going Viral: What to Watch For

Viruses can be contagious during the incubation period, before symptoms start.

	<b>COLD</b>	<b>FLU</b>	<b>NOROVIRUS</b>	<b>COVID-19*</b>
Incubation period	1-3 days	1-4 days	A few hours	2-14 days
Symptom onset	Gradual	Abrupt	Abrupt	Gradual
Typical illness duration	7-10 days	3-7 days	1-2 days	Undetermined

<b>SYMPTOMS</b>				
Sore throat	Common	Sometimes	Rare	Undetermined
Sneezing	Common	Sometimes	Rare	Undetermined
Stuffy, runny nose	Common	Sometimes	Rare	Undetermined
Cough, chest discomfort	Sometimes	Common	Rare	Common
Fatigue, weakness	Sometimes	Common	Sometimes	Undetermined
Fever	Rare	Common	Sometimes	Common
Aches	Rare	Common	Sometimes	Undetermined
Chills	Rare	Common	Sometimes	Undetermined
Headache	Rare	Common	Sometimes	Undetermined
Shortness of breath	Rare	Rare	Rare	Common
Nausea	Rare	Rare	Common	Undetermined
Vomiting	Rare	Rare	Common	Undetermined
Diarrhea	Rare	Rare	Common	Undetermined
Stomach pain	Rare	Rare	Common	Undetermined

\*See below for emerging information on COVID-19 coronavirus symptoms.

NOTE: Rare symptoms can occur in some cases with any of these diseases.

SOURCES: CDC; Merck Manual; University of Michigan

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**Safety Note Author:** President, GRCC, 828-774-8831 **Disclaimer:** GRCC provides Safety and HR advice to clients based on the experience of the provider. The client understands that the advice is given in good faith and attempts to provide the most current advice in these areas. But no client can be assured that the advice given is absolutely the best available nor can the client assume that the advice given will prevent any accident. OSHA regulations and rules are the absolute standard to which every company should aspire. Accidents will still happen but GRCC attempts to provide its clients with the information needed to build solid safety and HR programs. Safety Notes are simple reminders of the most common safety tips or suggestions and are not the end all in preventing every accident.