



Transcripts of COVID-19 Videos for Dairy Employees

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1- What is COVID-19?

Novel Coronavirus, the virus that causes the infectious COVID-19, is a novel or 'new' virus that spreads rapidly from person to person. This virus is not like 'the flu'. If you have ever vaccinated animals on the farm and noticed that you were vaccinating them against a 'Coronavirus', you should know that it is not the same form of Coronavirus that is causing the current global pandemic

COVID-19 mainly affects the respiratory system. The symptoms of COVID19 include:

- Fever
- Cough
- Shortness of breath or difficulty breathing
- Chills
- Repeated shaking with chills
- Muscle pain
- Headache
- Sore throat
- New loss of taste or smell
- Gastrointestinal upset and diarrhea
- Skin changes or rash

A person may start showing symptoms 2 to 14 days after being exposed to the virus. It is possible that some people might not show or experience any of these symptoms but still have the disease and can spread it to others.

This virus can be spread or transmitted in different ways. What we know so far, is that person-to-person transmission is the main way of spreading this virus, either through the air or when touching surfaces like tables or tools that have been contaminated. If a person is infected with COVID19, they can transmit the virus through respiratory droplets or mists produced when that person coughs, sneezes or talks. Droplets can land in the mouths or noses of people who are nearby and mists have the potential to be inhaled.

Transmission is most likely to occur when people are in close contact with one another (with less than 6 feet of distance = 2 meters) because the droplets or mists containing the virus can travel at least that far. These droplets or mists can also land on surfaces and be spread to others who touch those surfaces. Workers who are sick that cover their faces when they sneeze or cough but don't wash their hands can also contaminate surfaces when they touch them. Co-workers can then touch these contaminated surfaces and then touch their face (eyes, nose or mouth) and contract the disease.

Currently, there is no treatment for COVID19 nor a vaccine to prevent it. Our personal actions are the only way we can keep ourselves healthy and prevent spread to our family, friends, co-workers and the public. In video

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#2 we will see how we can prevent the spread of COVID19.

1- ¿Qué es COVID-19?

Coronavirus-19 o COVID-19 es un virus nuevo que se propaga rápidamente de persona a persona. Este virus no es como la gripe común. Si alguna vez vacunó animales en la granja y notó que los estaba vacunando contra un "coronavirus", ud debe saber que no es la misma forma de coronavirus que la que está causando la pandemia mundial actual.

COVID-19 afecta principalmente el sistema respiratorio. Los síntomas de COVID-19 incluyen:

- Fiebre
- Tos
- Falta de aliento o dificultad para respirar.
- Escalofríos
- Temblores con escalofríos
- Dolor muscular
- Dolor de cabeza
- Dolor de garganta
- Nueva pérdida de sabor u olfato.
- Malestar gastrointestinal y diarrea.
- Cambios en la piel o inflamaciones en la piel

Una persona puede comenzar a mostrar síntomas entre 2 y 14 días después de haber estado expuesta al virus. También es posible que algunas personas no muestren o experimenten ninguno de estos síntomas, pero aún así tienen la enfermedad y la pueden transmitir a otros.

Este virus se puede transmitir de diferentes maneras. Lo que sabemos hasta ahora es que la transmisión de persona a persona es la principal forma de propagación de este virus, ya sea a través del aire o al tocar superficies como mesas o herramientas que se han contaminado.

Si una persona está infectada con COVID-19, puede transmitir el virus a través de gotitas respiratorias producidas cuando esa persona tose, estornuda o habla. En ese caso, las pequeñas gotas pueden llegar a la boca o a la nariz de las personas que están cerca o pueden ser inhaladas hacia los pulmones.

Es más probable que la transmisión ocurra cuando las personas que están en contacto cercano, es decir con menos de 6 pies o 2 metros de separación, porque las gotitas que contienen el virus pueden viajar al menos esa distancia. Estas pequeñas gotas también pueden llegar a superficies y contagiar a otras personas que tocan esas superficies. Los trabajadores enfermos que se cubren la cara cuando estornudan o tosen, pero no se lavan las manos también pueden contaminar las superficies cuando las tocan. Los compañeros de trabajo pueden tocar estas superficies contaminadas y luego tocarse la cara (ojos, nariz o boca) y contraer la enfermedad.

Actualmente, no hay tratamiento ni vacuna para prevenir el COVID-19. Por lo tanto, nuestras acciones son la única forma de mantenernos saludables y evitar la propagación del virus a nuestra familia, amigos, compañeros de trabajo y a la comunidad donde vivimos. En el video # 2 veremos cómo podemos prevenir la propagación de COVID-19.

References

CDC. (2020). Coronavirus (COVID-19).
<https://www.cdc.gov/Coronavirus/2019-ncov/>

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