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Thursday, February 27, 2020

Good morning everyone,

As you know the coronavirus, now known as COVID-19, has spread outside of China. There is now one person in California with no known connection to China or other infected persons that has contracted the virus. The Center for Disease Control and Prevention (CDC), however, says “the immediate health risk from COVID-19 is considered low.”

Nonetheless, there are precautionary steps we can all take to help prevent contracting this virus and other airborne illnesses that are transmitted largely by coughing or sneezing or touching a surface that has the virus and then touching your nose, eyes or mouth. Fortunately, MTS long-ago instituted cleaning procedures for all buses, Trolleys and facilities that are advised by the CDC. You can check out a [video](#) we did a couple of years ago when there was a Hepatitis A outbreak.

A lot of the personal precautions you can take are common sense, including:

- Wash your hands often with soap and water for at least 20 seconds. If soap and water are not available, use an alcohol-based hand sanitizer.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- It is NOT recommended to wear a mask as this encourages more contact between your hands and face, which can help spread the disease.
- Avoid close contact with people who are sick.
- Stay home when you are sick. The symptoms are fever, cough, shortness of breath, breathing difficulties and fatigue.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash.
- Clean and disinfect frequently touched objects and surfaces.

All departments have hand sanitizer for employees. Line supervisors will also carry hand sanitizer to respond to in-the-field incidents between employees and others.

There are many resources to learn about COVID-19. Here is the [link](https://www.cdc.gov/coronavirus) for the CDC ([cdc.gov/coronavirus](https://www.cdc.gov/coronavirus)) overview. It is updated daily so you can keep track of the latest news. And here is a [link](https://www.sandiegocounty.gov/coronavirus) to San Diego County’s Health and Human Services Agency ([sandiegocounty.gov/coronavirus](https://www.sandiegocounty.gov/coronavirus)), which will ultimately guide the county’s response to an outbreak if necessary.

If you have any questions, please contact Jeff Stumbo, Director of Human Resources at 619-557-4509 or [jeff.stumbo@sdmts.com](mailto:jeff.stumbo@sdmts.com).

Thanks

Paul

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