



AMERICAN SOCIETY OF  
SAFETY PROFESSIONALS  
Greater Boston Chapter

**Newsletter of the American Society of Safety Professionals  
Greater Boston Chapter**

## The Beanpot

Hello Members and Friends of the Greater Boston Chapter.

This year has many new challenges that are likely to continue throughout the year and into the future as we look at the effects of this Global Pandemic.

This issue of the Beanpot is dedicated to all that serve on the front lines of safety, injury prevention, health care and emergency response. Our hats off and on-going gratitude for their dedicated service and professionalism in the face of this crisis.

We also recognize the grocery store workers, the restaurant workers, food delivery people, the transportation workers, utility workers and communications workers for their dedication and hard work.

Information on the Covid-19 Pandemic, signs and symptoms, what to do and our current situation, social distancing and some new work strategies are included in this issue.

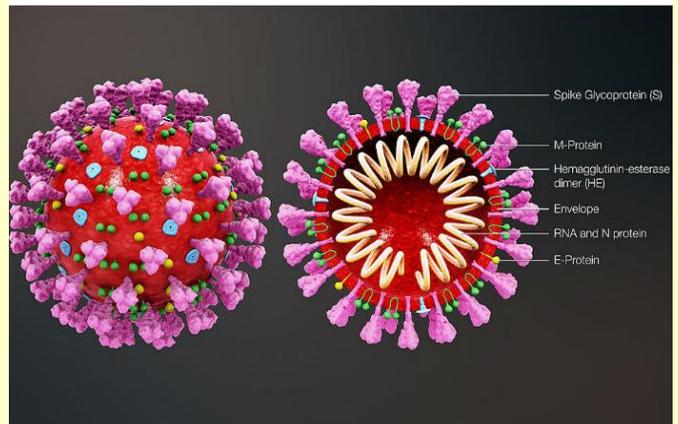
**Be Safe and Be Well and Thank you!**

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Greater Boston Chapter – American Society of Safety Professionals

<https://boston.assp.org/>

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**To our Members** - We are always looking for volunteers so please don't be shy about reaching out to any of the Chapter Board members. Our contact emails can be found on the Boston website under the "About" tab.

I look forward to meeting you at a future event.

Best wishes for a Safe, Prosperous and Happy New Year,

Tom Bochart, ASP, CWPC



*The Beanpot Newsletter* is published periodically to members of the ASSP Greater Boston Chapter. This newsletter is compiled by the Newsletter Editor and the VP Communications based upon contributions of members. Archived issues can be viewed at the chapter's website, [www.asseboston.com](http://www.asseboston.com). For additional information, contact Mike Sample at [MICHAEL.SAMPLE@LibertyMutual.com](mailto:MICHAEL.SAMPLE@LibertyMutual.com) or Tom Bochart at [Tbochart@aimmutual.com](mailto:Tbochart@aimmutual.com).

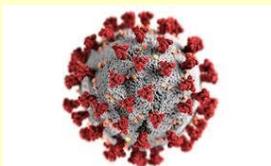
## COVID – 19

### A Global Pandemic

This copy of the Beanpot is devoted to information about the Covid-19 Global Pandemic. Much of this information comes from the CDC, dedicated Safety and Health professionals, Science Daily and the World Health Organization.

#### What is Covid-19?

- a mild to severe respiratory illness that is caused by a coronavirus (*Severe acute respiratory syndrome coronavirus 2* of the genus *Betacoronavirus*), is transmitted chiefly by contact with infectious material (such as respiratory droplets), and is characterized especially by fever, cough, and shortness of breath and may progress to pneumonia and respiratory failure.



#### Where did it come from?

The epidemic of the 2019 novel coronavirus (now called SARS-CoV-2, causing the disease Covid-19) is believed to originate from Wuhan and expand throughout China and then exported to other countries throughout the world.

Now a pandemic that has rapidly spread throughout the globe.

The terms pandemic and epidemic are not used to indicate the severity of the disease, only the degree at which the disease is spreading.

The first known severe illness caused by a coronavirus emerged with the 2003 Severe Acute Respiratory Syndrome (SARS) epidemic in China. A second outbreak of severe illness began in 2012 in Saudi Arabia with the Middle East Respiratory Syndrome (MERS). [Science Daily]

Research indicates that this strain of the virus originated from bats and pangolins and mutated naturally.



Picture of a pangolin

#### How is it transmitted?

The Covid-19 virus is a respiratory virus which spreads primarily through droplets generated when an infected person coughs or sneezes, or through droplets of saliva or discharge from the nose or mouth.

It can live on surfaces (several hours to several days) and can be transmitted by touching an affected surface and then touching your face, eyes, mouth or nose.

Human to human contact transmission is known, pet transmission is possible but less likely.

#### How to protect yourself.

To protect yourself, clean your hands frequently with an alcohol-based hand sanitizer or wash them with soap and water.

Stay at Home - Avoid contact with known carriers or other infected people.

Use social distancing techniques, a six-foot distance from others is suggested.

Wear PPE – Personal Protective Equipment. Disposable gloves and a face mask or respirator. A face shield and full body protection is also suggested in certain situations.

Cover your mouth and nose if you cough or sneeze.

Clean and disinfect clothing, PPE and surfaces. This includes purchased materials and delivered goods.

## References and Links

CDC -

<https://www.cdc.gov/coronavirus/2019-ncov/index.html>

Science Daily -

<https://www.sciencedaily.com/>

Merriam Webster -

<https://www.merriam-webster.com/dictionary/COVID-19>

World Health Organization –

<https://www.who.int/news-room/q-a-detail/q-a-coronaviruses>

Mass.gov -

<https://www.mass.gov/resource/information-on-the-outbreak-of-coronavirus-disease-2019-covid-19>

<https://www.mass.gov/info-details/covid-19-prevention-and-treatment#latest-guidance->

### 22nd Annual New England Area PDC!

Speaker Registration is now open for 2020!

Please visit the link below to register.

<https://ipgphotonics.wufoo.com/forms/rdn2zwt1u9kd5l/>

Venue: [The Equinox Golf Resort & Spa](#) Vermont,  
3567 Main Street, Manchester Center, VT 05254

<https://www.marriott.com/hotels/travel/rutlc-the-equinox-a-luxury-collection-golf-resort-and-spa-vermont/>

Plan your attendance and participation now don't wait till it's too late.



## COVID – 19 (continued)

### A Global Pandemic

#### Can this virus be controlled?

The World Health Organization declares COVID-19 to be a controllable pandemic and continues to provide advice on precautionary practices and ways to stop the spread of the disease.

#### Signs and Symptoms. What to do if you are sick.

The most common symptoms of COVID-19 are fever, tiredness, and dry cough. Some individuals may have aches and pains, nasal congestion, runny nose, sore throat or diarrhea. Symptoms are usually mild and begin gradually.

Some people become infected but don't develop any symptoms and don't feel unwell.

Most people (about 80%) recover from the disease without needing special treatment. Around 1 out of every 6 people who gets COVID-19 becomes seriously ill and develops difficulty breathing.

Older people, and those with underlying medical problems like high blood pressure, heart problems or diabetes, are more likely to develop serious illness.

People with fever, cough and difficulty breathing should seek medical attention.

Loss of smell and taste are early symptoms.

#### Suggested Practices –

The governor of Massachusetts, Charlie Baker, has issued a Stay at Home advisory and that only essential workers report for duty until May 4, 2020. Non-essential businesses, Schools and Churches are closed and public gatherings of more than 10 are prohibited.

Beginning March 27, all travelers arriving to Massachusetts are instructed to self-quarantine for 14 days. Visitors are instructed not to travel to Massachusetts if they are displaying symptoms.

Health care workers, public health workers, public safety workers, transportation workers and designated essential workers are exempt from this requirement.

Boston residents and some MA towns - a 9 PM curfew is suggested.

If you must go out to the store, to the pharmacy, or to work; protect yourself, wear PPE, practice social distancing and wash your hands.