



MARCH
2020

World Safety Organization NEWSLETTER

WSO Responds to COVID-19



A Message from WSO's Chief Executive Officer

As the World Safety Organization moves forward during these challenging times we must prepare for, and responds to, the coronavirus outbreak and its hazards. Like you, we've watched the rising numbers of those infected by the virus with concern and wish a swift and full recovery for those who are ill. We applaud the worldwide efforts to prevent further infections and tragic deaths.

There is still much we don't know about this epidemic. The health risk is real and the short-term business impact has been significant. The economic consequences, however, are unlikely to be long term.

It's much harder to stay disciplined in today's environment as business fluctuates and the near-term future is uncertain. We preach diversification so you can weather these tough times and stay invested in your future.

In my 50 years in the business, I've seen how safety professionals weather the storms. It's never been more critical to stay connected with one another, even as we practice social distancing to reduce transmission and keep each other healthy and safe.

The coronavirus epidemic itself was not something we could predict, but we, as professionals, constantly prepare for unexpected bouts of volatility.

Don't feel like you need to go it alone. Our mission is to help you succeed, so reach out if we can be of help.

Your care and safety remain our top priority.

Lon S. McDaniel
WSO Chief Executive Officer

Classifying Worker Exposure to SARS-CoV-2

Submitted by **Scott Masters**, WSO-CSM. Contract Employee, Construction Lead Safety Specialist, Alliant Corporation. Tennessee and South Carolina USA

Worker risk of occupational exposure to SARS-CoV-2, the virus that causes COVID-19, during an outbreak may depend in part on the industry type and need for contact within 6 feet of people known to have, or suspected of having, COVID-19.

OSHA has divided job tasks into four risk exposure levels, as shown below. Most American workers will likely fall in the lower exposure risk (caution) or medium exposure risk levels.

VERY HIGH EXPOSURE RISK

Jobs with a high potential for exposure to known or suspected sources of COVID-19 during specific medical, postmortem, or laboratory procedures. Workers include:

Healthcare and morgue workers performing aerosol-generating procedures on or collecting/handling specimens from potentially infectious patients or bodies of people known to have, or suspected of having, COVID-19 at the time of death.

HIGH EXPOSURE RISK

Jobs with a high potential for exposure to known or suspected sources of COVID-19. Workers in this category include:

Healthcare delivery, healthcare support, medical transport, and mortuary workers exposed to known or suspected COVID-19 patients or bodies of people known to have, or suspected of having, COVID-19 at the time of death.

MEDIUM EXPOSURE RISK

Jobs that require frequent/close contact with people who may be infected, but who are not known or suspected patients. Workers in this category include:

Those who may have contact with the general public (e.g., schools, high-population-density work environments, some high-volume retail settings), including individuals returning from locations with widespread COVID-19 transmission.

LOWER EXPOSURE RISK (CAUTION)

Jobs that do not require contact with people known to be, or suspected of being, infected.

Workers in this category have minimal occupational contact with the public and other coworkers.

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for your company's newsletter?**

**Do you have something relevant
to share?**

**Did your company sponsor
a special safety-focused event?**

**If so, we would love to feature your content
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Just email your article/blog, author(s) byline, brief bio, and photo to us at editorialstaff@worldsafety.org.

Please request a publication release form if required by your employer or co-author(s). Authors/companies will maintain all proprietary rights, and WSO will state where the original content was posted or published, if applicable.



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<https://tuscanylv.webhotel.microsdc.us/>

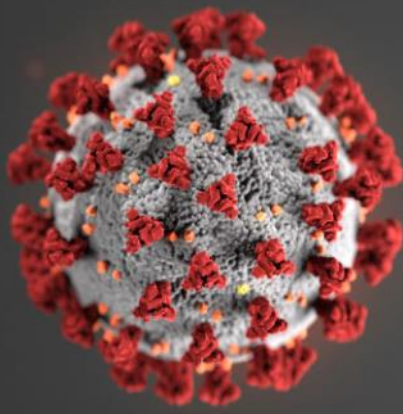
Input Arrival Date, Departure Date, and Group Code.
Click Proceed.

Or, Call Room Reservations: **1-877-887-2261**
and Give the Group Code.

WSO's GROUP CODE: 2010WORLD

NOTE: A major credit card is required for first night's room and tax deposit, which will be charged in order to guarantee accommodations.

What You Need to Know



COVID-19

Coronavirus Disease 2019

IMAGE: www.cdc.gov | Alissa Eckert and Dan Higgins

Coronavirus Disease 2019 (COVID-19) is a respiratory disease caused by the SARS-CoV-2 virus. It has spread from China to many other countries around the world, including the United States. Depending on the severity of COVID-19's international impacts, outbreak conditions—including those rising to the level of a pandemic—can affect all aspects of daily life, including travel, trade, tourism, food supplies, and financial markets [[Guidance for Preparing Workplaces for COVID-19, OSHA 3990-03 2020](#)].

How COVID-19 Spreads

Person-to-Person Spread

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).
- 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.

Can someone spread the virus without being sick?

- People are thought to be most contagious when they are most symptomatic (the sickest).
- Some spread might be possible before people show symptoms; there have been reports of this occurring with this new coronavirus, but this is not thought to be the main way the virus spreads.

Spread from Contact with Contaminated Surfaces or Objects

It may be possible that a person can get COVID-19 by touching a surface or object that has the virus on it and then touching their own mouth, nose, or possibly their eyes, but this is not thought to be the main way the virus spreads.

How Easily the Virus Spreads

How easily a virus spreads from person-to-person can vary. Some viruses are highly contagious (spread easily), like mea-

sles, while other viruses do not spread as easily. Another factor is whether the spread is sustained, spreading continually without stopping.

The virus that causes COVID-19 seems to be spreading easily and sustainably in the community ("community spread") in some affected [geographic areas](#).

Community spread means people have been infected with the virus in an area, including some who are not sure how or where they became infected.

How to Prepare

What you can do to prepare your family in case COVID-19 spreads in your community

Find Local Information

Know where to find local information on COVID-19 and local trends of COVID-19 cases.

Know the Signs and Symptoms

Know the [signs and symptoms](#) of COVID-19 and what to do if symptomatic:

- Stay home when you are sick.
- Call your health care provider's office in advance of a visit.
- Limit movement in the community.
- Limit visitors.

Take Steps for Those at Higher Risk

Know what additional measure those who are at [higher risk](#), and therefore more vulnerable, should take.

Protect Yourself and Your Family

Implement [steps to prevent illness](#) (e.g., stay home when sick, handwashing, respiratory etiquette, clean frequently touched surfaces daily).

Create a Household Plan

Create a [household plan of action](#) in case of illness in the household or disruption of daily activities due to COVID-19 in the community.

- Consider a two-week supply of prescription and over-the-counter medications, food, and other essentials. Know how to get food delivered if possible.
- Establish ways to communicate with others (e.g., family, friends, co-workers).
- Establish plans to telework, what to do about childcare needs, how to adapt to cancellation of events.

Stay Informed about Emergency Plans

Know about emergency operations plans for schools/workplaces of household members.

How to Protect Yourself

Know How It Spreads

- 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 six feet)
 - ◊ Through respiratory droplets produced when an infected person coughs or sneezes
- Droplets can land in the mouths or noses of people who are nearby or can possibly be inhaled into the lungs.

Take Steps to Protect Yourself

Clean Your Hands Often

- **Wash your hands often** with soap and water for at least 20 seconds especially after you have been in a public place, or after blowing your nose, coughing, or sneezing.
- If soap and water are not readily available, **use a hand sanitizer that contains at least 60% alcohol**. Cover all surfaces of your hands and rub them together until they feel dry.
- **Avoid touching your eyes, nose, and mouth** with unwashed hands.

Avoid Close Contact

- **Avoid close contact** with people who are sick
- Put **distance between yourself and other people** if COVID-19 is spreading in your community. This is especially important for [people who are at higher risk of getting very sick](#).

Take Steps to Protect Others

Stay Home if You're Sick

- **Stay home** if you are sick, except to get medical care. Learn [what to do if you are sick](#).

Cover Coughs and Sneezes

- **Cover your mouth and nose** with a tissue when you cough or sneeze or use the inside of your elbow.
- **Throw used tissues** in the trash.
- Immediately **wash your hands** with soap and water for at

least 20 seconds. If soap and water are not readily available, clean your hands with a hand sanitizer that contains at least 60% alcohol.

Wear a Facemask if You Are Sick

- **If you are sick:** You should wear a facemask when you are around other people (e.g., sharing a room or vehicle) and before you enter a healthcare provider's office. If you are not able to wear a facemask (for example, because it causes trouble breathing), then you should do your best to cover your coughs and sneezes, and people who are caring for you should wear a facemask if they enter your room. [Learn what to do if you are sick](#).
- **If you are NOT sick:** You do not need to wear a facemask unless you are caring for someone who is sick (and they are not able to wear a facemask). Facemasks may be in short supply and they should be saved for caregivers.

Clean and disinfect

- **Clean AND disinfect [frequently touched surfaces](#)** daily. This includes tables, doorknobs, light switches, countertops, handles, desks, phones, keyboards, toilets, faucets, and sinks.
- **If surfaces are dirty, clean them:** Use detergent or soap and water prior to disinfection.

To disinfect:

Most common EPA-registered household disinfectants will work. Use disinfectants appropriate for the surface.

Options include:

- **Diluting your household bleach.** To make a bleach solution, mix:
 - 1) 5 tablespoons (1/3rd cup) bleach per gallon of water OR
 - 2) 4 teaspoons bleach per quart of water

Follow manufacturer's instructions for application and proper ventilation. Check to ensure the product is not past its expiration date. Never mix household bleach with ammonia or any other cleanser. Unexpired household bleach will be effective against coronaviruses when properly diluted.
- **Alcohol solutions.** Ensure solution has at least 70% alcohol.

Other common EPA-registered household disinfectants:

Products with [EPA-approved emerging viral pathogens](#) claims are expected to be effective against COVID-19 based on data for harder to kill viruses. Follow the manufacturer's instructions for all cleaning and disinfection products (e.g., concentration, application method and contact time, etc.).

For more information, please visit:

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

<https://www.osha.gov/SLTC/covid-19/>

Additional resources:

<https://www.osha.gov/Publications/OSHA3990.pdf>

<https://www.cdc.gov/coronavirus/2019-ncov/downloads/10Things.pdf>

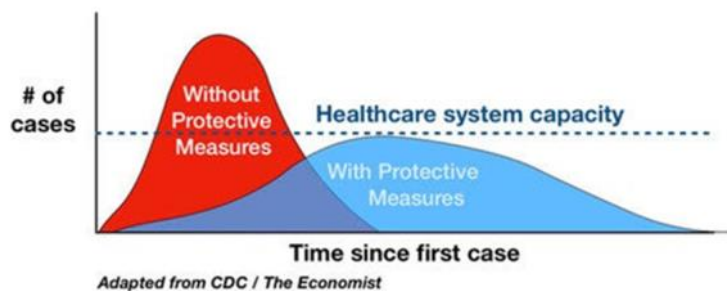
Coronavirus (COVID-19) Health Alert: Australian Perspective

Prof. Peter A. Leggat MD, PhD, DrPH, WSO-CSE/CSM/CSS/CSSD. James Cook University, Australia.
WSO Board of Directors. Director, WSO Collaborating Center for Disaster Preparedness and Emergency Response
and WSO Collaborating Center for Travel Safety and Health.
Co-Director, WSO Collaborating Center for Occupational and Environmental Safety and Health.

COVID-19 is an established pandemic. The World Health Organization and various Governments have been responding to the outbreak based on the best information available to them. Similarly, State and Provisional Governments continue implementing responses appropriate for their jurisdictions.

COVID-19 is Everyone's Responsibility

The response to the current outbreak is everyone's responsibility. It is important that we slow the number of cases down so that our emergency departments and hospitals are not overwhelmed. It is vital therefore that we 'flatten the curve' (see Figure below) by doing everything possible to slow the spread of the disease.



How COVID-19 is Spread

From what we currently know about COVID-19, it spreads primarily through close contact with an infected person when they cough or sneeze. It also spreads when a person touches a surface or object that has the virus on it, then touches their eyes, nose, or mouth. There are a number of groups in our community, who are particularly at risk in this COVID-19 outbreak, including the elderly. Initially, most COVID-19 cases have been associated with returning international travellers or those in contact with these travellers; however, there are an increasing number of cases being acquired in the community.

What You Can Do

The situation and the advice is rapidly changing. It is very important that WSO members assist in the response to COVID-19 by heeding authoritative advice from their Governments. Each Country and provisional jurisdiction is operationalizing the COVID-19 response.

The most important thing we can all do is self-isolate (as much as possible), maintain physical or social distancing and use strict and thorough hand hygiene at all times and after any surface touching, especially outside your home (see Figures, following page).

It is a challenging time for all of us. The WSO is providing what support it can for members.

Further Information – International and National COVID-19 websites

Johns Hopkins University has an interesting "war room" website of cases, deaths, and recoveries by country around the World. See:

<https://gisanddata.maps.arcgis.com/apps/opsdashboard/index.html#/bda7594740fd40299423467b48e9ecf6>

The World Health Organization has a COVID-19 Website:

<https://www.who.int/emergencies/diseases/novel-coronavirus-2019>

There are similar websites in different countries, such as for the Centers for Disease Control and Prevention in the USA:

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

Canada:

<https://www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection.html>

United Kingdom:

<https://www.gov.uk/guidance/coronavirus-covid-19-information-for-the-public>

Australia:

The Australian Department of Health has developed a website of useful information and links including how to protect yourself and others, including good hygiene practices and social distancing:

[https://www.health.gov.au/news/health-alerts/novel-coronavirus-2019-ncov-health-alert?utm_source=health.gov.au&utm_medium=redirect&utm_campaign=digital transformation&utm_content=health-topics/novel-coronavirus-2019-ncov](https://www.health.gov.au/news/health-alerts/novel-coronavirus-2019-ncov-health-alert?utm_source=health.gov.au&utm_medium=redirect&utm_campaign=digital%20transformation&utm_content=health-topics/novel-coronavirus-2019-ncov)

Figure. Everyone must practise good hygiene. (Source: Australian Government)



Why social distancing matters

Social distancing of 1.5 metres decreases the exposure of coronavirus (COVID-19).

Now



1 Person

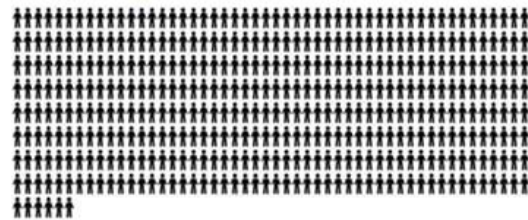


5 Days



2.5 People infected

30 Days



406 People infected

50% less exposure



1 Person



5 Days



1.25 People infected

30 Days



15 People infected

75% less exposure



1 Person



5 Days



.625 People infected

30 Days



2.5 People infected

Managing Stress in Times of Crisis

The outbreak of coronavirus disease 2019 (COVID-19) may be stressful for people. Fear and anxiety about a disease can be overwhelming and cause strong emotions in adults and children. Coping with stress will make you, the people you care about, and your community stronger.

Everyone reacts differently to stressful situations. How you respond to the outbreak can depend on your background, the things that make you different from other people, and the community in which you live.

People who may respond more strongly to the stress of a crisis include:

- Older people and people with chronic diseases who are at higher risk for COVID-19
- Children and teens
- People who are helping with the response to COVID-19, like doctors and other health care providers, or first responders
- People who have mental health conditions including problems with substance use

If you, or someone you care about, are feeling overwhelmed with emotions like sadness, depression, or anxiety, or feel like you want to harm yourself or others call:

- 911, 112, or other emergency number
- Substance Abuse and Mental Health Services Administration's (SAMHSA's) Disaster Distress Helpline: 1-800-985-5990 or text TalkWithUs to 66746. (TTY 1-800-846-8517)

Stress during an infectious disease outbreak can include:

- Fear and worry about your own health and the health of your loved ones
- Changes in sleep or eating patterns
- Difficulty sleeping or concentrating
- Worsening of chronic health problems
- Increased use of alcohol, tobacco, or other drugs

People with preexisting mental health conditions should continue with their treatment and be aware of new or worsening symptoms. Additional information can be found at the Substance Abuse and Mental Health Services Administration ([SAMHSAexternal icon](#)) website.

Taking care of yourself, your friends, and your family can help you cope with stress. Helping others cope with their stress can also make your community stronger.

Things You Can Do to Support Yourself

- Take breaks from watching, reading, or listening to news stories, including social media. Hearing about the pandemic repeatedly can be upsetting.
- Take care of your body. Take deep breaths, stretch, or med-



itate. Try to eat healthy, well-balanced meals, exercise regularly, get plenty of sleep, and avoid alcohol and drugs.

- Make time to unwind. Try to do some other activities you enjoy.
- Connect with others. Talk with people you trust about your concerns and how you are feeling.

Call your healthcare provider if stress gets in the way of your daily activities for several days in a row.

Reduce Stress in Yourself and Others

[Sharing the facts](#) about COVID-19 and understanding the actual risk to yourself and people you care about can make an outbreak less stressful.

When you share accurate information about COVID-19 you can help make people feel less stressed and allow you to connect with them.

Learn more about [taking care of your emotional health](#).

For Parents

Children and teens react, in part, on what they see from the adults around them. When parents and caregivers deal with the COVID-19 calmly and confidently, they can provide the best support for their children. Parents can be more reassuring to others around them, especially children, if they are better prepared.

Not all children and teens respond to stress in the same way. Some common changes to watch for include:

- Excessive crying or irritation in younger children
- Returning to behaviors they have outgrown (for example, toileting accidents or bedwetting)
- Excessive worry or sadness
- Unhealthy eating or sleeping habits
- Irritability and "acting out" behaviors in teens
- Poor school performance or avoiding school
- Difficulty with attention and concentration
- Avoidance of activities enjoyed in the past
- Unexplained headaches or body pain
- Use of alcohol, tobacco, or other drugs

There are many things you can do to support your child:

- Take time to talk with your child or teen about the COVID-19 outbreak. Answer questions and [share facts](#) about COVID-19 in a way that your child or teen can understand.
- Reassure your child or teen that they are safe. Let them know it is ok if they feel upset. Share with them how you deal with your own stress so that they can learn how to cope from you.

Continued on Page 12

STRIVING FOR EXCELLENCE

in Making Safety a Way of Life...Worldwide

The goals of every WSO Symposium include broadening collaboration among the various sectors of the safety field, building professional skills and knowledge, strengthening professionalism within the membership, expanding networking opportunities, and raising awareness of the value and impact of "Making Safety a Way of Life...Worldwide."

At the WSO Symposium, you'll connect with leaders, experts, elected officials, and changemakers of today and tomorrow, who are all committed to promoting the continuous advancement of safety and accident prevention technology and striving for a universal level of professionalism and competence among its members and all professionals and practitioners in the multi-discipline of occupational and environmental safety, health and accident prevention.

WSO Symposiums are known for a unique, friendly atmosphere, providing an opportunity for corporate managers and executives, SH&E professionals, advocates of safety and accident prevention, leaders of safety organizations, and WSO members from around the world to network and connect, exchange information, learn about new programs, and gain professional knowledge at a variety of breakout sessions. The WSO Symposium is always the gathering of friends and colleagues, a place to improve performance, and meet new people in the fields of safety and accident prevention.

Symposium topics generally include, but are not limited to, occupational safety and health, environmental safety and health, ergonomics, systems safety management, security, industrial hygiene, hazardous materials management, transportation safety, construction safety, off-the-job safety, recreational safety, safety of the workplace, disaster preparedness, and legislative topics on the national and global scale.

WSO Global Safety Roundtable

What better way to round off Opening Day than to hear powerful stories from your colleagues about their own expeditions at work and in life that have led them or those around them to better health and wellness...where ideas are shared, assumptions are tested, and participants are asked to view a perspective through a different lens.

Suggestions, comments, and resolutions of the Global Safety Roundtable discussion are formatted for submission to governmental legislation and Missions of the United Nations (UN), International Labor Organization (ILO), World Health Organization (WHO), and similar rule-making groups on the local, national and international levels.

Symposium Venue

Located just minutes away from all the excitement of the glittering Las Vegas Strip and Las Vegas Convention Center, Tuscany Suites & Casino provides a relaxing getaway perfect for business travelers, a long weekend with friends or your next family vacation.

Inspired by the Tuscany region of Northern Italy, the all-suite hotel boasts a warm and welcoming atmosphere surrounded by lush gardens, some of the largest standard hotel suites in the city, and thoughtful amenities to ensure the most comfortable stay possible. Tuscany Suites & Casino will truly be your Las Vegas home away from home.

Continuing Education Units (CEUs)

If you require CEUs, they will be awarded through the University of Central Missouri in Warrensburg, Missouri, USA, for an additional fee.



We'll be waiting for you!

**Now
Accepting
Abstracts**

SHARE YOUR EXPERIENCE AND EXPERTISE!

Call for Speakers/Presenters Open through May 15

You may request an Outline/Abstract form from the WSO WMC or download from the WSO website. All abstracts submitted will be reviewed, and authors will be notified if the presentation has been accepted. Deadline for abstract submission is 15 May 2020. Upon notification of acceptance, the completed presentation must be submitted prior to 15 July 2020 for publication in the "Symposium Proceedings."

You may also submit your outline/abstract online:

<http://worldsafety.org/online-outlineabstract-submission/>

Papers & Presentations

- All papers shall be written in concise English and typed with a minimum font size of 11 point. Papers should have an abstract of not more than 200 words. On a separate page, or in a separate file, the author should supply the author's name, contact details, professional qualifications, current employment position, and a brief bio. A current high-resolution photo in JPG or PNG format must also be submitted.
- Writers should include all references and acknowledgments. Authors are responsible for ensuring that their works do not infringe on any copyright. Failure to do so can result in the writer being accountable for breach of copyright. The accuracy of the references is the author's responsibility.
- Papers should be referenced according to the Publication Manual of the American Psychological Association 2017 (available upon request).
- Please submit text composed in Microsoft Word, via email attachment or copied to a USB drive and mailed to us.
- Presentations may be submitted in MS PowerPoint format; however, an Abstract must accompany.
- Illustrations, tables, and graphs may be included. Color photos are acceptable. All illustrations, tables, graphs, and photos must be labeled.
- Statistical data should be expressed in SIUs (Standard International Units), as far as is practicable.
- If desired, editing is available at the WSO WMC for contributors whose first language is not English.

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- Copies of the "Symposium Proceedings" are distributed to the Missions of the United Nations, participants at various national and international conferences where the WSO participates, WSO National Offices, participants of the WSO sponsored/co-sponsored seminars and courses, agencies of state/ federal/etc. governments, libraries of universities, as well as numerous societies and associations (globally).

Schedule of Dates for Speakers' and Presenters' Documentation

- 15 MAY** • Completed "Paper Outline/Abstract" with indication of length of the presentation/workshop (either 30 or 60 minutes).
- Résumé/bio: 100-150 words
 - Profile photo in JPG or PNG format

- 1 JUN** INTERNATIONAL SPEAKERS MUST HAVE VALID TRAVEL VISA BY THIS DATE to participate! Request your invitation letter in ample time to schedule your visa interview.
- 15 JUL** Paper and/or slides for publication in the "Symposium Proceedings," updated speaker's photo and bio (if needed)
- 1 SEP** Conference Registration Form and payment of Fees must be received to confirm participation in the Symposium Program. Some employer-paid exemptions may apply. Please notify the Symposium Coordinator if your employer's funding policy does not allow payment on or before the September 1 deadline.

DISCLAIMER: The WSO does not pay speaker fees or facilitate the travel and other subsistence arrangements for any speaker of the Symposium. All arrangements related to travel, visas, accommodations, and daily subsistence are the exclusive responsibility of the speaker. Speaker pays discounted registration fee if attending the Symposium.

DON'T DELAY!



2020 WSO AWARDS

Honoring Outstanding Safety Professionals Worldwide

Do you know an individual, company, corporation,, agency, or organization that has had some amazing accomplishments or made outstanding strides in the Safety field? If so, why not nominate them for one of the WSO awards?

The WSO Awards Banquet is scheduled on Monday evening, October 5, to honor the individuals, corporations, organizations, and other groups for their concerns in the protection of people, property, resources, and the environment. The banquet is always a highlight of the Symposium, so we hope you will make plans to attend.

Award winners will be recognized, as well as other special honorees including distinguished guests, board members, and committee members. The banquet is included in registration for Symposium at-

tendees, and you may purchase tickets for your guests for an additional fee.

A list of the WSO Awards, along with the requirements for each, may be found on our website, or you may request a copy of the guidelines by contacting the WSO World Management Center by telephone or email:

+1-660-747-3132 | symposium@worldsafety.org

NOMINATE

<https://worldsafety.org/award-nomination-guidelines/>

Accepting nominations
through June 1, 2020

NOW

Las Vegas: Places to Go and Things to Do

Compiled by **Gail Brandys**, President, Occupational & Environmental Health Consulting Services, Inc., Las Vegas

Daytime Activities

Springs Preserve

www.springspreserve.org



My favorite place to take visitors to Las Vegas is Springs Preserve. It is a 180 acre park with display gardens, museums, a recreation of a 1900s boom town, and archaeological sites from early Vegas inhabitants that can be viewed

by a train ride or rental bikes. May stay open later for dinner in their cafe.

Hoover Dam / Lake Mead

www.canyontours.com/hoover-dam-tours/

www.nps.gov/lake/planyourvisit/index.htm

www.lakemeadcruises.com/



The Hoover Dam has a variety of tours of various lengths and is less than an hour away.

Lake Mead also has an informative paddleboat ride

that lasts about an hour and takes you to a close up view of the Hoover Dam.

Atomic Testing Museum

www.nationalatomictestingmuseum.org/



A few minutes east of the Strip is a museum dedicated to the atomic testing that took place in Nevada during the 1950's.

State and National Parks

www.redrockcanyonlv.org/

www.parks.nv.gov/parks/spring-mountain-ranch

www.parks.nv.gov/parks/valley-of-fire

www.en.wikipedia.org/wiki/Mount_Charleston



There are a number of wilderness parks within an hour that could be seen by bus: Red Rock Canyon, Spring Mountain State Park, Valley of Fire, and Mount Charleston (at 9,000 feet high).

Eldorado Gold Mine Tour

www.eldoradocanyonminetours.com/index.html



About an hour out of town is a privately-owned abandoned gold mine. The town looks like Radiator Springs from the "Cars" movie.

University of Nevada Cooperative Extension Master Gardener Research and Display Gardens

www.unce.unr.edu/resources/horticulture/demoandtestgardens/



UNCE offers free guided tours of their Research and Display Gardens which is about 15-20 minutes from the Strip. It may be possible to arrange for a free gardening lecture on a topic of interest to the group.

Nighttime Activities

Pinball Hall of Fame

www.pinballmuseum.org/



An interesting museum of hundreds of working pinball games, it's a standalone and dedicated museum, with pinball and nothing but pinball for 10,000 square feet. Located about 15 - 20 minutes from the Strip.

Container Park

www.downtowncontainerpark.com/



East of "Downtown," which is also known as Fremont Street, about 15 minutes north of the Strip is the Container Park, an interesting venue of eateries, shops, and live entertainment.

Neon Boneyard

www.neonmuseum.org/



About 20 minutes from the Las Vegas Strip is an outdoor museum of antique neon signs from past Vegas venues being re-stored. Guided tours are available during days or evenings.

- Limit your family's exposure to news coverage of the event, including social media. Children may misinterpret what they hear and can be frightened about something they do not understand.
- Try to keep up with regular routines. If schools are closed, create a schedule for learning activities and relaxing or fun activities.
- Be a role model. Take breaks, get plenty of sleep, exercise, and eat well. Connect with your friends and family members.

Learn more about [helping children cope](#).

For Responders

- Responding to COVID-19 can take an emotional toll on you. There are things you can do to reduce secondary traumatic stress (STS) reactions:
- Acknowledge that STS can impact anyone helping families after a traumatic event.
- Learn the symptoms including physical (fatigue, illness) and mental (fear, withdrawal, guilt).
- Allow time for you and your family to recover from responding to the pandemic.
- Create a menu of personal self-care activities that you enjoy, such as spending time with friends and family, exercising, or reading a book.
- Take a break from media coverage of COVID-19.
- Ask for help if you feel overwhelmed or concerned that COVID-19 is affecting your ability to care for your family and patients as you did before the outbreak.

Learn more [tips for taking care of yourself](#) during emergency response.

For People Who Have Been Released from Quarantine

Being separated from others if a healthcare provider thinks you may have been exposed to COVID-19 can be stressful, even if you do not get sick. Everyone feels differently after coming out of quarantine. Some feelings include :

- Mixed emotions, including relief after quarantine
- Fear and worry about your own health and the health of your loved ones
- Stress from the experience of monitoring yourself or being monitored by others for signs and symptoms of COVID-19
- Sadness, anger, or frustration because friends or loved ones have unfounded fears of contracting the disease from contact with you, even though you have been determined not to be contagious

- Guilt about not being able to perform normal work or parenting duties during quarantine
- Other emotional or mental health changes

Children may also feel upset or have other strong emotions if they, or someone they know, has been released from quarantine. [You can help your child cope](#).

Resources

For Everyone

[Coping with a Disaster or Traumatic Event](#)

For Communities

[Coping with stress during an infectious disease outbreakpdf iconexternal icon](#)

[Taking Care of Your Behavioral Health during an Infectious Disease Outbreakexternal icon](#)

For Families and Children

[Helping Children Cope with Emergencies](#)

[Coping After a Disasterpdf icon](#) – A Ready Wrigley activity book for children age 3-10

For First Responders

[Emergency Responders: Tips for taking care of yourself Disaster Technical Assistance Centerexternal icon](#) (SAMHSA)

SOURCE: <https://www.cdc.gov/coronavirus/2019-ncov/prepare/managing-stress-anxiety.html>

UPCOMING EVENTS

SEPTEMBER 22–24

WSO National Office for Nigeria
NatConf&Awards 2020

Details to Come!

www.worldsafety.org.ng/

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