BTMED news

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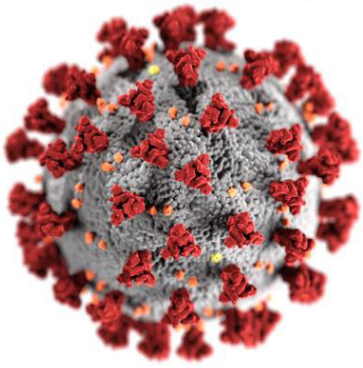
Volume 15, Issue 1 Spring 2020 www.btmed.org

What You Need to Know About COVID-19

Stay home, stay safe, save lives.



SPECIAL ANNOUNCEMENT ABOUT BTMED

Due to the COVID-19 situation, BTMed suspended all medical screening exams to protect the health of our participants. We continue to conduct work history interviews via telephone. Call **1-800-866-9663** or email **btmed@btmed.org** to be added to our "call back" list and we will contact you to schedule an exam when it is safe to do so. If you have any questions or concerns, BTMed staff are available and here to help.

COVID-19 is a respiratory illness caused by a virus that has spread across the United States and world. People with COVID-19 have illnesses that range from mild symptoms to severe illness and death. COVID-19 spreads easily from person-to-person through respiratory droplets produced when an infected person coughs or sneezes that can land in the mouth and nose or be inhaled into the lungs of people or land on surfaces or objects nearby.

Older adults and those with underlying health conditions such as lung disease, COPD, heart disease, diabetes, and compromised immune systems, may be at higher risk for severe and even fatal outcomes from COVID-19. Many BTMed participants are in this high risk group and need to take extra precautions to prevent getting sick.

Everyone, regardless of age or risk, needs to take action now to protect themselves and others. These actions can help slow the spread of COVID-19 and reduce the impact of the disease.

What can you do?

- Stay informed and be prepared. Follow the CDC guidelines.
- Have enough groceries, household supplies, and medications.
- Stay home unless it's essential for you to leave your house.
- Wear a cloth face covering in public settings.
- Maintain social distance and stay at least 6 feet from others.
- Wash your hands frequently with soap and water.
- Avoid touching your eyes, nose, and mouth.
- Cough or sneeze into a tissue or your elbow.
- Clean and disinfect frequently touched objects and surfaces.

If you have symptoms of COVID-19 – fever, cough, and shortness of breath – contact your doctor or local health department immediately.

There is currently no specific vaccine or treatment for COVID-19. The best way to prevent illness is to avoid being exposed to the virus.

STAY HOME, SLOW THE SPREAD.

Information and images courtesy of the Centers for Disease Control and Prevention.

BTMed Oak Ridge and Paducah Staff Updates

Johnny Ballinger

Ronnie Peck, Anna Chen (BTMed Director of Operations), and Joe Hudson

After over 15 years with BTMed, Johnny Ballinger and Joe Hudson have retired from the program. Johnny started with BTMed in 2002 at the Oak Ridge Outreach Office and Joe joined the Paducah Outreach Office in 2004. Together, they performed over 3,000 work history interviews and helped countless workers with their compensation claims. They have greatly contributed to the team and been part of making BTMed what it is. BTMed thanks Johnny and Joe for their hard work and dedication and wishes them all the best in retirement.

BTMed welcomes Ronnie Peck and Lindzi Caylor to the team. They bring firsthand knowledge and experience to our program and helping workers understand the importance of medical screenings.

Lindzi Caylor

Ronnie is a retired member of Plumbers & Pipefitters Local 184 and worked at the Paducah Gaseous Diffusion Plant for five years. Having been a union member for over fifty years and always being involved in helping people out, the reason why Ronnie joined BTMed was because "that's just what I do". You can reach him at **270-443-2850**.

Lindzi worked at the Oak Ridge Nuclear Reservation as a member of Laborers Local 818. Lindzi enjoys being part of a great team and "really getting out there to connect with people and explain what the risks are and how they can affect your health in the long run". You can reach her at **865-481-0009** and **lcaylor@zenith-american.com**.

Wearing Cloth Face Coverings to Slow the Spread of COVID-19

CDC recommends that people wear cloth face coverings in public settings, such as grocery stores or pharmacies, to help slow the spread of COVID-19. COVID-19 spreads easily from person-to-person through respiratory droplets produced when an infected person coughs, sneezes, or talks and may be spread by people who are not showing any symptoms.

Cloth face coverings that cover the nose and mouth help prevent people who are infected and do not know it from transmitting the virus to others. Cloth face coverings can be made from household items such as bandanas and t-shirts. People should stay at home as much as possible, maintain social distancing, wash their hands frequently, and other preventive measures.

The cloth face coverings recommended are not surgical masks or N-95 respirators which are in short supply and should be reserved for healthcare workers and other medical first responders, according to CDC guidance.

From more information and instructions on how to make a cloth face covering, visit www.cdc.gov/coronavirus.

Information and images courtesy of the Centers for Disease Control and Prevention.

BTMed mourns the loss of Bob Warren

Bob Warren, a lawyer and fierce advocate for the working class, passed away last month at the age of 75. Bob spent his career representing and fighting for hundreds of workers, many of them BTMed participants. With his limitless passion and energy, Bob dedicated himself towards changing perceptions and rules in a world that traditionally ignored the needs of the working class. His commitment to civil rights and worker rights in often trying times will have an enduring legacy and he will be greatly missed.

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Nonprofit
Organization
U.S. Postage
PAID
Washington, DC
Permit No. 5968

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This publication was produced by CPWR through funding from the Department of Energy (DE-FC01-06EH06004). The information provided here is solely the responsibility of the authors and does not necessarily represent the official views of DOE.

STAY CONNECTED WITH EMAIL UPDATES

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Call us at **1-800-866-9663** or email **btmed@btmed.org** to make sure we have your current email address and we will send you email updates when scheduling exams are available.

CONNECT WITH US

Follow us at **www.facebook.com/btmed** to stay up-to-date on news about BTMed, EEOICPA, and upcoming outreach events.

Send an email to **btmed@btmed.org** to have BTMed newsletters and monthly program updates sent directly to your inbox.

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