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# **A Plain Language Glossary of Words Used in Protecting the Safety and Health of Workers Coronavirus 2019 (COVID-19)**

Vermont Occupation and Safety Administration

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These are some of the words used in this health and safety training that employees must do during the Coronavirus emergency. These definitions were written by a team of self-advocates and their allies. Green Mountain Self-Advocates created a plain language document based on Protecting the Safety and Health of Workers Coronavirus 2019 (COVID-19). [Click here to download the training in plain language.](#)

# A Plain Language Glossary of Words Used in Protecting the Safety and Health of Workers Coronavirus 2019 (COVID-19)

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1. **aerosolized virus** – getting germs into the air when a person



sneezes or coughs. You cannot see the germs or virus. You might breathe in those germs if you are near the person.

2. **BBP (bloodborne pathogens)** – something in blood that gives a person a disease. A virus can be carried in a person's blood.

3. **CDC (Center for Disease Control)** - a department in the



United States government. They protect people from getting sick. The CDC is a leader in the fight against the Coronavirus.

[www.cdc.gov](http://www.cdc.gov)

4. **Commencement** - the beginning or starting of something
5. **Common Areas** - areas of a place that anyone can enter such as a break room
6. **Community Spread** - when people in a town or area have an illness. Some may not know how or where they got sick.
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7. **Congregation**- a crowd or group of people.
8. **COVID-19** - it is a new illness spreading around the world. Its nickname is coronavirus.
9. **Diagnosis** – finding out what disease or medical problem you have.
10. **Droplets** – a small drop of fluid. The Coronavirus goes from one person to another when moisture comes out of a sick person's body when they sneeze or cough
11. **Elimination**- to cut something out completely



12. **Exposed** - when you are around someone. To come in contact with something.

13. **Face Coverings** - something that covers a part of your face



14. **Fever** - your body gets hot to try to fight off a virus. If your fever is 100.4 degrees Fahrenheit (38 degrees Celsius) or higher, call your doctor

15. **Governor's Executive Order** - instructions from a Governor. People living in the state should do what is in the order. It is used during an emergency.



16. **Hand sanitizer** – gel, foam or a wipe you use on your hands to get rid of germs.

17. **Hazards** - something that can cause danger or harm to a worker or employee.

18. **Infect or Infection** - when you get sick or have germs in your body that are affecting it in a bad way.

19. **Isolation** - happens when someone is sick where they should not be allowed to be around others unless it is for healthcare purposes. These



rules are for a sick person who has the Coronavirus. Stay home. Do not go outside. Stay in a separate room in your house, away from others. If possible use your own bathroom. Wear a mask when you come out of your room. Clean and disinfect everything you touch.

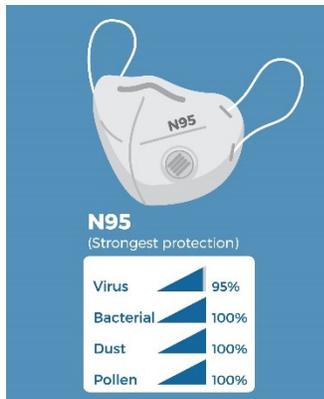
20. **Mandatory** - something that must be done.

21. **Medical and surgical masks** – face coverings that doctors and nurses wear to protect themselves and others from getting sick.

22. **Modify or modifications** - to change or adapt something.

23. **Morgue**- a place where dead bodies are kept before being buried or cremated.

24. **Mortuary services**- funeral services which happens before, during and after the burial or cremation.



25. **N95 Masks** - A mask that is recommended to wear during this pandemic. It keeps out smoke, dust, germs and viruses. This type of mask is the strongest protection. It is one kind of personal protective equipment.

26. **Non-symptomatic** - a person who has an illness like the Coronavirus, and they feel fine. They can give the illness to others. They find out they had the illness by taking a test.

27. **Occupancy (Limit)** - how many people can safely be in one place at a time

28. **Occupational** – connected to work or a job

29. **OSHA/VOSHA** - Occupation and Safety Health Administration / Vermont Occupation and Safety Health Administration



30. **Pandemic** - a sickness that spreads around the world

31. **PPE - Personal Protective Equipment** PPE - Germs get into



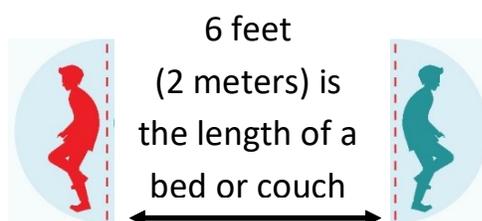
a person's body through the nose, mouth and eyes. People may use gloves, a face mask, goggles or glasses to keep germs out of their body.

32. **Quarantine** - staying home or staying away from others because of the potential exposure. These rules are for people who are not sick and have been near someone who has the Coronavirus. Stay home. If possible, stay in a separate room in your house. Do not go outside. It is done to slow the spread of an illness. The governor of your state will say how long you must stay home.

33. **Respirator** - is a tight-fitting mask. It keeps out smoke, dust and germs or viruses. It is one kind of personal protective equipment.

34. **Respiratory** - has to do with your breathing

35. **Screening** - a type of testing



36. **Social or Physical Distancing** - when around other people putting 6 feet or more of space between you and another person

37. **Substitutions** - to cut something out and replace it with something else
38. **Survey** - a list of questions
39. **Symptom(s)** - A change in your body that might mean you are sick. For example: a fever, dry cough, or having a hard time breathing.
40. **Symptomatic** - when signs of illness are present in a person



41. **Temperature testing** – use a device to see how warm your body is. **A Non-Contact Thermometer** - a device that takes your temperature without touching the person.

42. **Treatment** – what we do to take care of a person who is sick. To solve a health problem like the Coronavirus.

43. **Uniformly** - when something is done in the same way



44. **Vaccine** - a shot of medicine that protects you from getting the flu or other illnesses.

45. **Ventilation or Ventilators** – A machine that helps people breathe. It puts air into and out of your lungs. It is used when people are not able to breathe.

46. **Virus** - a sickness you get when germs get into your body.