



# Coronavirus Prevention for the Motion Picture Industry:

## Best Practices

Paul Heinzelmann, MD, MPH

Updated: March 13, 2020

### What are the characteristics of COVID-19 as we know them today?

*Symptoms:* fever, cough, shortness of breath are most common.

*Transmission:* droplets (thankfully not airborne like measles or TB).

*Incubation period* (period before symptoms start): 2-14 days.

*Outcomes:*

- Many initially have mild symptoms but are contagious
- Mild disease with full recovery: approximately 80%
- Serious illness: 16%
- Severe complication rate (ex. ARDS): 5%
- Death rate: 1-3% (may be overestimated due to limited testing)
- Greatest risk for those over age 60 and those with chronic illness.

### What to do if you become sick

- Don't be stoic. Notify someone higher in the food chain that you are not feeling well.
- Wear a facemask and self-isolate if you have flu-like or even mild cold symptoms (i.e. fever, cough, sore throat, runny nose).
- Stay 6 or more feet away from others.
- Cough and sneeze in your elbow or a tissue.
- If need be, call a doctor first, don't just go to a doctor's office or ER.
- Consider using a telemedicine virtual visit or house call if that's an option.
- Check local hospitals/health departments for coronavirus hotlines or websites for assistance.
- Note: commercially available diagnostic testing for coronavirus by nasal/throat swab will soon be an option and will no longer depend on processing at public health offices.
- Don't forget about the risk of influenza.

### Prevention Best Practices

#### *Individuals*

- Wash hands frequently and for at least 20 seconds with soap and water and/or hand sanitizers that contain at least 60% alcohol.
- Clean your common surfaces frequently with disinfectants.
- Avoid handshakes and touching your face, eyes, nose and mouth.
- Avoid sharing food, cups and utensils.
- Use social distancing and stay at least six feet away from people who are potentially sick.
- Invest in a thermometer of your own.
- Masks - but only if you are sick.
- Self-quarantine if you have been exposed to someone with COVID-19 or travelled to one of the growing list of Level 3 risk countries (See CDC website).
- Get the flu vaccine if you haven't. The risk of influenza is still real.
- Stay informed by reviewing the [CDC's coronavirus website](#).



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### Prevention Best Practices

#### *Production Executives, Managers and Coordinators*

- Instill a health & safety-focused culture, and distribute these prevention best practices to the entire cast and crew.
- Insist that people stay home if they are even mildly ill - but particularly if they have a cough or fever.
- Purchase and distribute an abundance of hand sanitizers for cast and crew.
- Make sure the set medic, safety officer, UPM, AD, stunt coordinator and any others responsible for health & safety are up-to-date on the topic of coronavirus and can act as reliable health advocates.
- If you can, provide a supply of surgical masks to the set medic to distribute as needed.
- Get and place extra sinks if you can
- Assign specialized production janitors/sanitizers to the crew roster to service all departments with EPA-approved disinfectants
- Minimize human congregation and avoid air travel whenever possible.
- Consider teleconferences & virtual meetings (i.e. Zoom) rather than face-to-face communication.
- Pre-arrange options for local healthcare services; medical offices, hospitals, house call services, telemedicine/virtual care for people who do get sick.
- Consider connecting with your local public health department to develop a plan if multiple people become ill during the production.
- Recognize that these are unusual times, and prepare for the use of insurance days.
- Use CDC resources (see below) and that of local/state public health departments

### CDC Resources

[‘Coronavirus Disease \(COVID-19\)’ - main site](#)

[‘What You Need to Know’ 1-page overview of COVID-19 from the CDC](#)

[‘What to Do if You are Sick with COVID-19’](#)

[‘Environmental Cleaning and Disinfection Recommendations’](#)

[‘Interim Guidance for Businesses and Employers’](#)

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