

Washing Your Hands / Sanitizing

- Wash your hands regularly with soap and water
 - After using restroom, after removing gloves, before eating, after touching cell phone/tablet, hand tools, lifts
 - Use hand sanitizer if soap and water is not available
- Regularly clean surfaces with disposable gloves that are frequently touched
 - Doorknobs, light switches, countertops, desks, keyboards
- Avoid touching your face at ALL times, especially after contacting equipment (lifts/tools)



Avoiding Contact



- Practice social distancing – Maintaining 6 feet clearance of others
 - Avoid carpooling, crowded elevators, crowded lifts, gathering in break rooms, and sharing food
- Do not shake hands, hug, or engage in any other physical contact

If You Feel Sick

- Stay at home and follow CDC guidelines (see below) if you are experiencing fever, cough, and/or shortness of breath
 - <https://www.cdc.gov/coronavirus/2019-ncov/about/steps-when-sick.html>
- Employees who experience symptoms should not return to work until guidelines by CDC are met (see below):
 - <https://www.cdc.gov/coronavirus/2019-ncov/hcp/disposition-in-home-patients.html>
- If you have been exposed to someone that has tested positive, self quarantine for 14 days

COVID 19 CORONAVIRUS DISEASE 2019 (COVID-19)

SYMPTOMS* OF CORONAVIRUS DISEASE

Patients with COVID-19 have reportedly had mild to severe respiratory illness. Symptoms can include

- Fever
- Cough
- Shortness of breath

* Symptoms may appear 2–14 days after exposure. If you have been in China within the past 2 weeks and develop symptoms, call your doctor.

CDC

www.cdc.gov/COVID19

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