

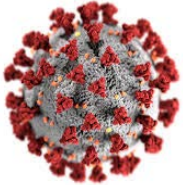

Safety-Gram

Title 45, Chapter 11



April 2020

Volume 21, Number 4



COVID-19 PREVENTION MEASURES

How you can stay safe on the job

Symptoms (Symptoms may appear 2-14 days after exposure)

- Dry cough
- Fever
- Shortness of breath

Prevention

- Limit contact with people, maintain at least a 6 foot distance
- Wash hands with soap and water frequently for 20 seconds
- Avoid touching your eyes, nose and mouth
- Stay home, unless you need groceries, have to work or need medical supplies
- Wear a cloth face mask when in public or around people to help slow the spread
- Use disposable gloves to disinfect work areas and dispose in the trash when done
- Clean and disinfect frequently touched surfaces such as door handles.

Key Times to Wash Hands

- After blowing nose, sneezing, coughing
- After going to the restroom
- Before/After preparing food
- After contact with pets/animals
- Before/After providing routine care for another person.

STAY SAFE • DO YOUR PART • STOP THE SPREAD!