

COVID-19

WORK & HOME SAFETY TIPS



Thoroughly wet your hands prior to adding soap.



Wash your hands for 20 seconds, scrubbing the front and back and between fingers, rinse, dry with paper towel.



Use paper towel to turn off faucet.



AT WORK

1. Start and end your day with thorough hand washing.
2. Practice good hand hygiene using Purell and/or hand washing multiple times throughout the day.
3. Pay special attention to donning/doffing PPE procedures. If any break or tear is suspected, immediately perform hand hygiene.
4. Clean and disinfect your work area as necessary.
5. When leaving work, minimize visits to stores, gas stations, etc. If you need to stop at the store or gas station, perform good hand washing or use of hand sanitizer prior to entry and upon exit, and after pumping gas.



AT HOME

1. When you arrive at home remove shoes, clothing (uniform) and perform thorough hand hygiene. Designate shoes for work and wash work clothing separately.
2. Try to clean your home at least once a week.
3. Clean counter tops regularly with disinfectant wipes.
4. Replace dish sponges or rags regularly or soak them in diluted bleach for five minutes to eliminate mold, yeast and bacteria.
5. Clean kitchen and bathroom sinks before and after each use. Be sure to dry them—moisture makes germs grow.
6. Clean toothbrush holder once a week by running it through the dishwasher.
7. Clean pet bowls daily.
8. Replace the water in your coffee maker each day. Clean the coffee maker once weekly and dry it thoroughly.
9. Always put the toilet seat and/or lid down before flushing to keep invisible germs from spreading. Cover seats in public restrooms.
10. Wash your bed sheets at least weekly—bedding can get moist when you sweat.