



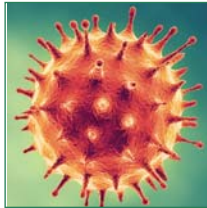
COVID-19

Protect Yourself and Others

Protect Yourself at Work

Where did the name COVID-19 come from?

The word corona means crown and refers to the appearance that coronaviruses get from the spike proteins sticking out of them. The spike protein is the part of the virus that attaches to a human cell to infect it, allowing it to replicate inside of the cell and spread to other cells. **CORONAVIRUS DISEASE 2019**, the letters in yellow highlight were used to shorten the name to COVID-19.



COVID-19 spreads when an infected person breathes out droplets and very small, tiny particles that contain the virus. These droplets and particles can be breathed in by other people or land on their eyes, noses, or mouth. In some circumstances, they may contaminate surfaces they touch. People who are closer than six feet from the infected person are most likely to get infected.

The particles can also linger in the air after a person has left the room – they can remain airborne for hours in some cases.

Anyone infected with COVID-19 can spread it, even if they do NOT have symptoms. Often an individual is contagious two days before manifesting symptoms.

COVID-19 is spread in three main ways:

- Breathing in air when close to an infected person who is exhaling small droplets and particles that contain the virus.
- Having these small droplets and particles that contain virus land on the eyes, nose, or mouth, especially through splashes and sprays like a cough or sneeze.
- Touching eyes, nose, or mouth with hands that have the virus on them.

What You Can Do

- Get Vaccinated and stay up to date on your COVID-19 vaccines, as they are effective at preventing you from getting sick and are highly effective at preventing severe illness, hospitalizations, and death.
- Stay six feet away from others
- Avoid poorly ventilated spaces and crowds. Opening windows for fresh air is recommended if possible.

Wear a Mask

INDOORS PUBLIC

SPACE: Everyone ages two years and older should properly wear a well-fitting mask indoors in public in areas of substantial or high community transmission, regardless of vaccination status.



PUBLIC TRANSPORTATION: Wearing a mask over your nose and mouth is required on planes, buses, trains, and other forms of public transportation when traveling. You must also wear a mask at transportation hubs such as airports and stations.

When outdoors you do not need to wear a mask, unless you are in an area of substantial or high transmission, or close contact with others (such as a sport event, public rally, or large gathering), in this case you may choose to wear a mask.

Wash Your Hands Often

Soap and Water for at least 20 seconds especially after you have been in a public space, or after blowing your nose, coughing or sneezing. It's especially important to wash your hands:



- Before eating or preparing food
- Before touching your face
- After using the restroom
- After leaving a public place
- After blowing your nose, coughing, or sneezing
- After handling your mask

If soap and water are not readily available, use a hand sanitizer that contains at least 60% alcohol. Cover all surfaces of your hands and rub them together until they feel dry.

Coughs and Sneezes

- If you are wearing a mask: You can cough or sneeze into your mask. Put on a new, clean mask as soon as possible and wash your hands.
- If you are not wearing a mask:
 - Always cover your mouth and nose with a tissue when you cough or sneeze, or use the inside of your elbow and do not spit.
 - Throw used tissues in the trash.
 - Immediately wash your hands with soap and water for at least 20 seconds. If soap and water are not readily available, clean your hands with a hand sanitizer that contains at least 60% alcohol.

Clean and Disinfect

- Clean high touch surfaces regularly or as needed and after you have visitors in your home. This includes tables, doorknobs, light switches, countertops, handles, desks, phones, keyboards, toilets, faucets, and sinks.
- If someone is sick or has tested positive for COVID-19, disinfect frequently touched surfaces.
- Use a household disinfectant product according to manufacturer's labeled directions.
- If surfaces are dirty, clean them using detergent or soap and water prior to disinfection.

You may want to either clean more frequently or choose to disinfect in addition to cleaning in shared spaces if the space:

- Is a high traffic area, with a large number of people.
- Is poorly ventilated.
- Does not provide access to handwashing or hand sanitizer.
- Is occupied by people at increased risk for severe illness from COVID-19.

If a sick person or someone who tested positive for COVID-19 has been in your facility within the last 24 hours, you should clean AND disinfect the space.

If less than 24 hours have passed since the person who is sick or diagnosed with COVID-19 has been in the space, clean and disinfect the space.

CLEANING AND DISINFECTING

Best Practices During the COVID-19 Pandemic

Good Idea	Be Careful	Don't Do It
<p>Follow CDC, State, and Local Public Health Guidelines</p> <p>According to the Centers for Disease Control and Prevention (CDC), COVID-19 is mainly spread through the air. The risk of getting the virus by touching a contaminated surface is thought to be low.</p> 	<p>Be Careful Using Disinfectants Around People with Asthma</p> <p>Disinfectants can trigger an asthma attack. If you have asthma, you may need to take extra precautions like avoiding areas where people are cleaning and disinfecting or making sure the space is well ventilated.</p> 	<p>Don't Ask Children or Students to Apply Disinfectants</p> <p>Disinfectants are powerful tools for controlling the spread of disease, and they can harm kid's health if used or stored incorrectly. Children and students should not apply disinfectants, and they should be kept out of children's reach.</p> 
<p>Clean Surfaces with Soap and Water</p> <p>Normal routine cleaning with soap and water lowers the risk of spreading COVID-19 by removing germs and dirt from surfaces. In most situations, cleaning is enough to reduce risk.</p> 	<p>Be Careful with Fogging, Fumigating, and Wide-Area or Electrostatic Spraying</p> <p>Make sure your product's label includes directions for the application method. Follow all directions, including precautions. If a product isn't labeled for these application methods, using it that way might be risky or ineffective.</p> 	<p>Don't Ignore the Label Directions</p> <p>If you don't follow the label directions, disinfectant products may be ineffective or unsafe. Do not apply disinfectants to skin, pets or food. Do not dilute disinfectants or mix them with other chemicals unless the label tells you to. Don't think that twice the amount will do twice the job.</p> 
<p>Use EPA-Registered Disinfectants According to Label Directions</p> <p>Disinfectants further lower the risk of spreading COVID-19 by using chemicals to kill germs. Use disinfectants on high-touch surfaces when you know or suspect someone around you is sick with COVID-19.</p> 	<p>Be Careful With UV Lights or Ozone Generators</p> <p>UV lights or ozone generators may be risky or ineffective. EPA cannot verify if or when it is appropriate to use these devices. Check out the guidance at: go.usa.gov/xHckJ</p> 	<p>Don't Use Unregistered Disinfectants</p> <p>If a product says that it kills SARS-CoV-2 (COVID-19), but it doesn't have an EPA registration number, it may not be safe or effective. Federal law requires disinfectants to be registered with EPA.</p> 

 For CDC public health guidelines, visit: [go.usa.gov/xHc8q](https://www.cdc.gov/xHc8q)
For information on disinfectants, visit: [epa.gov/coronavirus](https://www.epa.gov/coronavirus) April 2021

If more than 24 hours have passed since the person who is sick or diagnosed with COVID-19 has been in the space, cleaning is enough. You may choose to also disinfect depending on certain conditions or everyday practices required by your facility.

Go to the EPA Website to see if your disinfectant will kill the COVID-19 virus. (<https://www.epa.gov/coronavirus/about-list-n-disinfectants-coronavirus-covid-19-0>).

SAFETY TRAINING SIGN-IN SHEET

Company Name: _____ Date: _____

Subject: COVID-19 - Protect Yourself and Others

The following employees participated in this training:

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____
11. _____
12. _____