



SAFETY MESSAGE

Coronavirus disease (COVID-19) Awareness and Prevention



Currently (March 2020) there is no vaccine to prevent Coronavirus disease (COVID-19). The best way to prevent the Coronavirus (COVID-19) illness is to avoid being exposed to this virus.

The CDC has published these simple everyday recommendations as preventive actions to help prevent the spread of respiratory diseases, including but not limited to coronavirus disease (COVID-19).

- Avoid close contact with people who are sick.
- Wash your hands frequently with soap and water for at least 20 seconds, especially after going to the bathroom; before eating; and after blowing your nose, coughing, or sneezing.
**If soap and water are not readily available, use an alcohol-based hand sanitizer with at least 60% alcohol. Always wash hands with soap and water if hands are visibly dirty.*
- Avoid touching your eyes, nose, and mouth.
- Clean and disinfect frequently touched objects and surfaces using a regular household cleaning spray or wipe.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash.

Note: The CDC recommends avoiding "hand shaking" and unnecessary "touch-contact" with people as much as possible until the Coronavirus (COVID-19) threat has passed.

If you have symptoms

If you have symptoms or believe you have been exposed to someone with coronavirus (COVID-19), stay home. Seek medical attention as necessary.

CDC's recommendations for using a facemask

The CDC does not recommend the use of a facemask (N95) for people who are well, not displaying any illness symptoms.

However, facemasks (N95 or other) should be used by people who show symptoms of Coronavirus (COVID-19) to help prevent the spread of the disease to others.

The use of facemasks is also crucial for people who are taking care of people with either symptoms of Coronavirus (COVID-19) or those who have been diagnosed with Coronavirus (COVID-19). Wash your hands often with soap and water for at least 20 seconds, especially after going to the bathroom; before eating; and after blowing your nose, coughing, or sneezing.

Please take precautions to ensure a "Safe Work Environment" for our employees and authorized visitors

Sign-in Sheet: Coronavirus disease (COVID-19) Awareness and Prevention

Presented by: _____

Date:

Name (print)

Signature

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STOP THE SPREAD OF GERMS



**Cover your
nose and mouth
when coughing
and sneezing**



**Dispose of used
tissues properly
after use**



**Regularly wash
hands with soap
and warm water**



**If you have flu-like
symptoms, seek
medical attention
immediately**



**If you have flu-like
symptoms, keep
distance of at
least 3 feet from
other people**



**If you have flu-like
symptoms, stay
home from work,
school or crowded
places**



**Avoid hugging,
kissing and
shaking hands
when greeting**



**Avoid touching
eyes, nose or mouth
with unwashed
hands**