

Healthcare workers:

HOW TO PROTECT YOURSELF:

The CDC recommends the below everyday preventative actions to help prevent the spread of respiratory diseases:

- A. Washing your hands OFTEN with soap and water
- B. If water is not available, use an alcohol-based hand sanitizer with at least 60% alcohol
- C. Cover your cough /sneeze with a tissue
- D. Do not touch your eyes, nose or mouth
- E. Avoid close contact with people who are sick
- F. Stay home if you are sick
- G. Clean and disinfect high-touch areas surfaces with the provided disinfecting wipes (please be sure you have these in your workstations- see manager if you do not) - Work space
- H. Clean and disinfect frequently touched objects and surfaces using a regular household cleaning spray or wipe – see list of approved disinfectants that may be available for home use
- I. The CDC does not recommend that healthy people wear a mask to protect themselves from respiratory diseases, including COVID-19. Facemasks should be worn by people who show symptoms of COVID-19 to help prevent the spread of disease to others, or for health care workers who are taking care of someone in a close setting.

Additional tips for:

- 1. Please only use supplied cleaners from IUI / SCI for workstations and hand hygiene. Use of outside hand sanitizers or lotions is PROHIBITED.
- 2. Handshakes: the recommendation is fist bumps/ elbow bumps
- 3. Opening doors: utilize elbows
- 4. Drink containers: screw on tops without an exposed mouthpiece
- 5. Sing Happy Birthday while washing your hands to draw out the cleaning ritual and ensure a 20 second or more rinse.
- 6. Wash your hands