COVID-19 How to Protect Yourself – 7.28.20 1216
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Know how it spreads:
• The virus is thought to spread mainly from person-to-person.
  o Between people who are in close contact with one another (within about 6 feet).
  o Through respiratory droplets produced when an infected person coughs or sneezes.
• These droplets can land in the mouths or noses of people who are nearby or possibly be inhaled into the lungs.

Clean your hands often:
• Wash your hands often with soap and water for at least 20 seconds especially after you have been in a public place, or after blowing your nose, coughing, or sneezing.
• 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.
• Avoid touching your eyes, nose, and mouth with unwashed hands.

Stay home if you’re sick:
• Stay home if you are sick, except to get medical care.

Cover coughs and sneezes:
• Cover your mouth and nose with a tissue when you cough or sneeze or use the inside of your elbow.
• 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.

Additional tips:
• When using a mask, keep it on your face. The most susceptible time for microorganisms to spread is when you move your mask on and off your face.
• Wear eye protection that covers the front and sides of your face during patient care encounters.
• After a shift, wash your clothes with standard laundry soap in your household washing machine and completely dry your clothes in your household dryer to eliminate the virus. The heat from a household dryer is high enough to eliminate the contaminants.
• Surgical scrubs provided by the hospital are for team members working procedural areas.
• Follow “Bare-below-the-elbow” standards. Removal of jewelry and watch is preferred.
• Any form of artificial nails (including dip) is strictly prohibited for team members who provide direct patient care.
• Wearing a clinical white coat is not currently recommended, unless laundered daily.
• Headwear is acceptable, as defined in PPE from Home document here.