
COVID-19 How to Protect Yourself – 3.24.20 1517

Know how it spreads:

- The virus is thought to spread mainly from person-to-person.
 - Between people who are in close contact with one another (within about 6 feet).
 - 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.
- 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 only 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.

Reference: <https://www.cdc.gov/coronavirus/2019-ncov/prepare/prevention.html>