



PRACTICE PRECAUTIONS

For the latest information on the symptoms, prevention, and treatment of coronavirus, visit the [Centers for Disease Control and Prevention](https://www.cdc.gov/coronavirus) coronavirus webpage.

IF SICK, GO HOME.

- If a staff person is sick, send them home. Many people who become sick will not have access to COVID-19 testing. Err on the side of safety and send them home to self-isolate.
- If a client is sick, provide testing information and encourage self-isolation.

TAKE IT TO THE LIMITS

- Practice social distancing.
- Use physical barriers.
- No gatherings over five people.
- Avoid/limit meeting in enclosed spaces.
- Maintain six feet of distance from others or limit time in close proximity to 10 minutes or under.
- Eliminate hugs, handshakes and other physical contact.

CLEAN YOURSELF UP

- Frequently wash your hands with soap and water for at least 20 seconds.
- Wash your hands after contact with shared surfaces including cupboards, tables, door handles, etc.
- If soap and running water are not available, use an alcohol-based hand rub that contains at least 70% alcohol.
- Avoid touching your eyes, nose, or mouth with unwashed hands.
- Avoid close contact with people who are sick.
- Immediately throw away used tissues.
- Practice good hygiene, including showering and washing clothes; and
- If available, wear latex gloves when touching or handling shared surfaces, groceries, supplies, or communal and others personal property.

DO YOUR PART, DISINFECT

- Provide cleaning supplies.
- Make your own CDC-approved disinfecting mixture of 4 teaspoons of bleach per quart of water to disinfect regularly.
- Use paper towels, NOT cloth towels
- Clean on all common surfaces including phones, door handles, light switches, remote controls, table and chairs, countertops, cupboards faucets, appliances, etc.
- When appropriate, open the windows to allow fresh air in. Air movement is important.