

HOW TO PROTECT YOURSELVES FROM INFECTIOUS DISEASE

We want all of our essential workers to know how much we value what you are doing at this time. We are providing the following suggestions for you to consider on top of the CDC and WHO current recommendations.

FOLLOWING THE PROTOCOLS FOR INFECTIONS PREVENTION WORKS IF TAKEN SERIOUSLY BY EVERYONE.

TO PROTECT YOURSELVES STAY IN GOOD SHAPE, FOLLOW ALL PROTOCOLS TO PREVENT THE SPREAD OF INFECTIOUS DISEASES, USE PPE, HAVE STERILE CLOTHES AND SHOES, AND PRACTICE GOOD HYGIENE.

1. TAKE THE CURRENT GUIDELINES SERIOUSLY. A COUGH IS JUST A COUGH...UNTIL IT IS NOT
2. CHOOSE THE PROPER PPE (PERSONAL PROTECTION EQUIPMENT) FOR YOUR SITUATION
3. WEAR THE CORRECT SIZE GLOVES
4. IF WEARING A MASK, BE SURE TO WEAR IT PROPERLY. THIS MEANS MAKING SURE IT FITS SNUGLY AND COVERS BOTH YOUR NOSE AND MOUTH
5. USE ONE PAIR OF SHOES FOR WORK AND DO NOT TAKE THEM INSIDE YOUR HOME
6. DO NOT USE A HAND TOWEL TO DRY YOUR HANDS, INSTEAD USE PAPER TOWELS
7. WASH YOUR HANDS JUST BEFORE LEAVING THE WORK SITE AND USE THE PAPER TOWEL TO OPEN THE DOOR
8. DISINFECT YOUR VEHICLE
9. DISINFECT YOUR HANDS BEFORE ENTERING YOUR HOME
10. LAUNDRY YOUR CLOTHES WHEN YOU GET HOME
11. BE CAREFUL WHEN VISITING STORES, GAS STATIONS, ETC. AND DISINFECT YOUR HANDS WHEN LEAVING THESE PLACES OF BUSINESS
12. REMIND EACH OTHER TO FOLLOW THESE PROTOCOLS. IT IS DIFFICULT TO REFRAIN FROM TOUCHING YOUR FACE BUT IF WE HELP EACH OTHER WE INCREASE OUR CHANCES
13. DISINFECT YOUR CELL PHONES, EYE GLASSES, ETC.
14. USE PROPER WASTE DISPOSAL
15. DECONTAMINATE SURFACES OFTEN
16. BE CONSTANTLY ATTENTIVE TO THE PREVENTION OF THE SPREAD OF CONTAGIOUS MATTER

For more information you can view the webinar by NADSP regarding this crisis <https://nadsp.org/covid-19resources/>

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