



PREVENT THE SPREAD

How can I protect myself from getting COVID-19?

You can stay healthy and prevent the spread of infections by:

- **washing your hands** often with soap and water for at least 20 seconds;
- when access to handwashing is limited, use hand sanitizer with at least 70% alcohol;
- avoiding touching your eyes, nose or mouth with unwashed hands;
- avoiding close contact with people who are sick;
- **cover your cough** (coughing or sneezing into your sleeve and not your hands)
- staying home if you are sick to avoid spreading illness to others.



Tips for Employers

1. Provide hand washing facilities and extra sanitizing gels in key places.
2. Make sure work surfaces are kept clean including door knobs and hand railings as well as shared telephones, keyboards, and boardroom tables.
3. Increase the distance between workstations.
4. Make sure ventilation systems are working properly.
5. Allow working from home where possible.
6. Develop corporate policies that let works know what to expect in terms of sick leave and leave to care for families. Make sure workers know that they can and should stay home if they are not feeling well.
7. Create a business continuity plan that details how you will continue to function during or after a flu and infectious disease outbreak.



Have Symptoms?

It is important that all individuals call ahead prior to visiting any health care provider and let them know about any travel history and symptoms (e.g., fever, cough, difficulty breathing) so that special arrangements can be made to be seen quickly, provide testing, and ensure that proper infection control measures are taken.

What about Travel?

Please visit
www.ckpublichealth.com/covid19
for risks and procedures related to travel