



May 2, 2020

Universal Precautions for Slowing the Spread of Germs & Illness

1. Wash or Sanitize your hands frequently throughout the day.

To effectively wash your hands with soap and water:

- Wet your hands and wrists, then apply soap.
- Rub your hands together for at least 20 seconds so the soap gets bubbly.
- Remove rings or scrub under them.
- If your fingernails are dirty, use a scrub brush.
- Rinse your hands clean with running water.
- Dry your hands with a clean paper towel.
- Do not touch the sink and faucets after you wash your hands. Use the paper towel to turn off the faucet and open the door.

To effectively use alcohol-based hand cleaner (sanitizer)

- Take about a dime-size droplet in your hand.
- Rub your hands together covering all hand surfaces front and back.
- Rub your hands until they're dry.

Key times to wash or sanitize are:

- Before entering and exiting a public location;
- Before and after having contact with other people;
- After utilizing a restroom in public or at home;
- Anytime you have contact with bodily fluids from a person or animal
- After coming contact with surfaces others have touched outside your home, i.e. gas pumps, trash cans, countertops, etc.;
- Before and after preparing a meal – particularly meals containing raw meats;
- Before and after eating a meal;
- After sneezing or coughing into your hands.

DO NOT TOUCH YOUR FACE – Resist touching your face with your hands

2. Sanitize Surfaces Inside and Outside your Home

How long does the virus live? At the time of writing this advisory, COVID-19 is known to live:

- Up to 72 hours on plastic and stainless steel
- Up to 24 hours on cardboard
- Up to four hours on materials like copper
- Can hang in the air for up to three hours before falling

You don't need to spend all day spraying disinfectant on every surface of your house but be aware of likely ways bacteria or germ may be spread through surfaces and clean them appropriately.

Effectively Control the Spread of Bacteria on Surfaces

- Utilize disposable gloves;
- Dispose of items or clean surfaces before removing gloves;
- Disinfect surfaces that were touched or utilized during cooking or other activities where germs may be brought into contact;
- Disinfect bathrooms or other areas where bodily fluids may be discovered;
- Properly remove your gloves (do not make contact with exterior of the gloves) and dispose of them;
- Disinfect and wipe down high-traffic spots: computers, phones, doorknobs, and TV remotes;
- Disinfect common areas outside your home and inside your vehicle;
- Spend extra time cleaning surfaces when someone in your household is ill;
- Wash or Sanitize your hands when completed with any cleaning tasks.

3. Control Airborne Germs and Bacteria

When coughing or sneezing

- Cover your mouth and nose when coughing or sneezing;
- Sneeze or cough into disposable tissue, napkin or paper towel and immediately throw them away;
- Avoid coughing or sneezing into your hands as you will spread germs on the next thing you touch;
- If necessary, sneeze or cough into the crook of your elbow;

Maintain Air Systems

- Regularly change filters in your heating and cooling system in your home or workspace;
- Change the air filter for the interior compartment of your vehicle;
- Routinely have your airducts cleaned;

4. Keep Germs and Illness to Yourself

Stay home when feeling sick

- With the exception of seeking medical attention, stay home and away from other people;
 - Contact your healthcare provider and ask if homecare is possible;
- If you go to school or work when you don't feel well, you can make a lot of people sick;
 - Although a cold or flu might not be a big deal for you, it can be serious for people with weak immune systems, like young children, the elderly, and anyone with a long-term health problem;
 - Working while you're sick isn't good for you, either. It can make it harder for your body to fight off a cold.
 - So do what's best for you and everyone else. Take a couple of days off.

Do not share personal items

- Don't share things like towels, lipstick, or toys;
- Don't share food, utensils or beverage containers with others;
- Don't share anything else that might be contaminated with respiratory germs.

5. Protect Children, Senior Citizens, and People with Weakened Immune Systems

Protect yourself from illness when your immune system is easily compromised

- Utilize face coverings that are approved by healthcare professionals when around unknown people;
- Consult with your healthcare provider for precautions before traveling;
- Ask your healthcare provider if annual influenza shots are for you;
- Do not allow people with known illness close to you, if possible, avoid them altogether for a period of time after the other person recovers from their illness;
- Use HEPA filters in your heating and cooling systems, including the automobile you drive;
- Add an air purifier in your home.