Preventing the Spread of COVID-19

USE GLOVES

Use if you need to assist a suspected COVID-19 patient and there is the possibility of contact with bodily fluids.

LAUNDRY

Wash soiled items as soon as possible, use laundry detergent & follow clothing label instructions.

Drying: use the warmest temperature allowed according to the clothing label.

WASH HANDS

Wash your hands when you enter a home and frequently throughout the day.
Wash with soap and water for at least 20 seconds or alcoholbased hand sanitizer

CLEAN SURFACES

Clean high-touch surfaces often... counters, tabletops, doorknobs, bathroom fixtures, toilets, light switches, phones. Use cleaning spray or wipes & use according to labeled instructions

Infection Control

AVOID TOUCHING FACE

Try not to touch your eyes, nose, and mouth with unclean hands

NO SHARING PERSONAL ITEMS

Avoid sharing personal items: toothpaste, toothbrushes, towels, washcloths

NO SHARING HOUSEHOLD ITEMS

Avoid sharing household items: dishes, glasses, utensils, bedding

What else can you do to control the spread of COVID-19?

- UNDERSTAND HOW IT SPREADS... it spreads person to person when an infected person coughs or sneezes. It may also be possible that it survives on surfaces where it can transfer by touch
- INFECTION CONTROL... follow basic infection control as outlined above
- AVOID PUBLIC AREAS... theaters, movies, shopping centers, public transportation, taxis, ride-sharing
- SOCIAL DISTANCING... maintain a distance of at least 6 feet from others when possible
- VISITORS... limit visitors & question on their exposure and travel risks
- FACE MASKS... should be worn by anyone WITH symptoms to prevent them spreading the infection.
- SYMPTOMS... cough, fever, difficulty breathing; appear 2-14 days after exposure
 - o If you develop symptoms: self-isolate, wear a mask, call your healthcare provider & tell them you suspect COVID-19, follow their instructions, call your Always Best Care office