COVID–19 Stand-Down Week | April 6-10, 2020

COVID-19 Stand-Down Toolbox Talk #2
Protect Yourself

Clean Your Hands Often

• Wash your hands often with soap and water for at least 20 seconds especially after you have been in a public place or after blowing your nose, coughing, or sneezing.
• If soap and water are not readily available, use a hand sanitizer that contains at least 60% alcohol. Cover all surfaces of your hands and rub them together until they feel dry. • Avoid touching your eyes, nose, and mouth with unwashed hands.

Avoid Close Contact

• Avoid close contact with people who are sick
• Put distance between yourself and other people if COVID-19 is spreading in your community. This is especially important for people who are at higher risk of getting very sick.

Take Steps to Protect Others

• Stay home if you are sick, except to get medical care.

Cover Coughs and Sneezes

• Cover your mouth and nose with a tissue when you cough or sneeze or use the inside of your elbow.
• Throw used tissues in the trash.
• Immediately wash your hands with soap and water for at least 20 seconds. If soap and water are not readily available, clean your hands with a hand sanitizer that contains at least 60% alcohol.

Wear a Facemask If You Are Sick

• If you are sick: Do Not Go to Work, Stay Home! You should wear a facemask when you are around other people (e.g., sharing a room or vehicle) and seek medical care. You should wear a facemask before you enter a healthcare provider's office. If you are not able to wear a facemask (for example, because it causes trouble breathing), then you should do your best to cover your coughs and sneezes, and people who are caring for you should wear a facemask if they enter your room.
• If you are not sick: You do not need to wear a facemask unless you are caring for someone who is sick (and they are not able to wear a facemask). Facemasks may be in short supply and they should be saved for caregivers.

Clean and Disinfect

• Clean AND disinfect frequently touched surfaces daily. This includes tables, doorknobs, light switches, countertops, handles, desks, phones, keyboards, toilets, faucets, and sinks.
• If surfaces are dirty, clean them: Clean dirty surfaces with detergent or soap and water prior to disinfection.