

MCLB ALBANY SAFETYGRAM

Coronavirus (COVID-19)

Get the Facts About Coronavirus

Take steps to care for yourself and help protect others in your home and community.



Know how it spreads

- The virus spreads mainly from person-to-person.
- Between people who are in close contact with one another (within about 6 feet).
- Through respiratory droplets produced when an infected person coughs, sneezes or talks.
- These droplets can land in the mouths or noses of people who are nearby or possibly be inhaled into the lungs.
- Studies suggested that COVID-19 may be spread by people who are not showing symptoms.



Wash your hands often

- Wash your hands with soap and water for at least 20 seconds especially after you have been in a public place, after blowing your nose, coughing, or sneezing.
- It's especially important to wash:
 - After using the restroom
 - After caring for someone sick
 - After handling your mask
 - After touching animals or pets
 - After leaving a public place
 - After changing a diaper
- 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

- **Inside your home:** Avoid close contact with people who are sick.
 - If possible, maintain 6 feet between the person who is sick and other household members.
- **Outside your home:** Put 6 feet of distance between yourself and people who don't live in your household.
 - Remember that some people without symptoms may be able to spread virus.



Cover your mouth and nose with a mask when around others

- The mask is meant to protect other people in case you are infected.
- Everyone should wear a mask in public settings and when around people who do not live in your household, especially when other social distancing measures are difficult to maintain.
 - Masks should not be placed on young children under age 2, anyone who has trouble breathing, or is unconscious, incapacitated or otherwise unable to remove the mask without assistance.

For more information on the Coronavirus Disease 2019 (COVID-19), How to Protect Yourself & Others, copy and paste to the browser of your choice the link below:

<https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/prevention.html>



Risk Management 639-5249
Prepared by Johnny Little

Sep 2020

