

# COVID-19/NOVEL CORONAVIRUS

## PROTECT YOURSELF & OTHERS

The best way to prevent illness is to **avoid being exposed to this virus.**

Source: <https://www.cdc.gov/coronavirus/2019-ncov/prepare/prevention.html>

### HOW IT SPREADS:

The virus is thought to spread mainly from person-to-person.

For Example:



- Between people who are in close contact with one another (within about 6 feet).
- Through respiratory droplets produced when an infected person coughs or sneezes.

### PREVENTION:

#### CLEAN YOUR HANDS



- Wash your hands often with soap and water for at least **20 seconds**—just long enough to sing your **ABCs!** This is especially important after you have been in a public place, or after blowing your nose, coughing, or sneezing.
- Use a hand sanitizer that contains at least **60% alcohol** if soap and water are not available. Cover all surfaces of your hands and rub them together until they feel dry.
- Avoid touching your face—eyes, nose, and mouth—with unwashed hands.

#### AVOID CLOSE CONTACT WITH OTHERS

Practice “social distancing”

- **Social distancing** is putting distance between yourself and other people. This is important since **many patients are passing the virus before they have symptoms.** Increasing space between us decreases the chance of catching an infection.
- Avoid contact with people who are sick
- Don't shake hands



### PROTECT OTHERS:

#### STAY HOME



If you feel sick, except to seek medical care.

Take advantage of UVA's Teladoc: To learn who can use Teladoc and how to register for Teladoc services, please visit

<https://hr.virginia.edu/benefits/teladoc>.

#### CLEAN & DISINFECT



Frequently touched surfaces.

Clean AND disinfect frequently touched surfaces daily. If surfaces are dirty, clean them: Use detergent or soap and water prior to disinfection.

#### FACEMASKS?



Only if you are sick to prevent exposing those around you.

#### COVER



Coughs & 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.

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## AT UVA FM:

- **AVOID meeting in groups or close quarters**

Hold a “virtual toolbox talk”! Email this sheet & other safety resources to your teammates. Ask that they look it over completely. Managers & supervisors may make this an expectation of their teams.

- **BE AWARE of heightened cleaning & disinfecting expectations and jobsite hazards.**

- **Be aware of situations and tasks that require PPE.** Refer to existing SOPs for routine tasks. UVA FM Occupational Health and Safety is available to serve as a resource when creating a Job Hazard Analysis or an SOP. Reach out for guidance: [FM-OHS@virginia.edu](mailto:FM-OHS@virginia.edu).
- **Commit to practicing clean habits and maintaining a high expectation around cleaning, both at home and at work.** Close off areas for 24 hours that infected individuals have inhabited and open windows, Use an [EPA-approved disinfectant](#) to disinfect all surfaces and be sure to leave it for the recommended contact time.

## ADDITIONAL RESOURCES:

- Novel Coronavirus | UVA: <https://www.virginia.edu/coronavirus>
- UVA EHS COVID-19 Toolkit: <http://ehs.virginia.edu/urgentnotice.html>
- CDC.gov: <https://www.cdc.gov/coronavirus/2019-nCoV/index.html>
- COVID-19 Tracking Tool/Resource created by students at Stanford, UVA & Virginia Tech: <https://www.trackcorona.live>
- Mutual Aid Infrastructure - Charlottesville: <https://www.facebook.com/groups/500721927287565/>
- COVID-19 Mental Health Resource Guide: <http://bit.ly/2TYjbOo>
- COVID19 Resources by MILE at UVA 2020: <http://bit.ly/2Ui03JN>



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