

## KNOW HOW IT SPREADS

- There is currently no vaccine to prevent COVID-19. The best way to prevent illness is to avoid being exposed to this virus.
- The virus is thought to spread mainly from person-to-person.
- Between people who are in close contact with one another (within about 6 feet).
- Through airborne respiratory droplets produced when an infected person coughs or sneezes.
- These droplets may be inhaled by nearby people in the normal course of breathing.

## TAKE STEPS TO PROTECT YOURSELF & OTHERS

### CLEAN YOUR HANDS OFTEN

- Wash your hands often with soap and water for at least 20 seconds.
- Use an alcohol-based hand sanitizer that contains at least 60% alcohol if soap and water are not available.
- Avoid touching your eyes, nose and mouth with unwashed hands.

### AVOID CLOSE CONTACT & WEAR A MASK IF UNABLE TO KEEP DISTANCE

- Avoid close contact with people not in your household, and with people in your household who are sick.

### STAY HOME IF YOU ARE SICK

- Stay home when you are sick, except to get medical care.

### WEAR A FACE COVERING & COVER COUGHS AND SNEEZES

- Wear a face covering whenever unable to maintain 6 feet of distance from others.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash.
- 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.

### CLEAN AND DISINFECT

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

### SCREENING

- Assess your health each morning by taking your temperature and answering the questions on the Employee Screening Tool. If you answer “yes” to any of the questions, please contact your supervisor, and do not come to work.
- Follow BrightSpring guidelines on screening patients/clients in home and clinical settings.
- Minimize visitors entering an office, clinic or home. Visitors may enter only if essential, and if passing the Visitor Screening Tool.

### STAY UP TO DATE

- Use this piece in addition to the COVID-19 and Outbreak prevention and action resources on REACH and our OUTREACH app (in the Resources section) and educational webinars held regularly.