

# QEHS SPECIAL EDITION TOOLBOX

MONTHLY TOPICS  
**COVID-19**

Original Date **4/8/2020**  
Revised Date **4/8/2020**

SPECIAL TOPIC  
**Stop the Spread!**



## STAY HOME IF YOU ARE SICK.

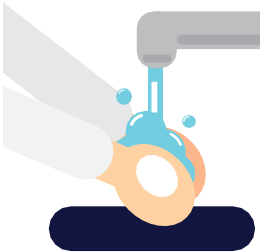
IF YOU HAVE CORONAVIRUS SYMPTOMS, STAY HOME EXCEPT TO GET MEDICAL CARE.

### FACE COVERING REQUIREMENT

- Minimum requirement is to cover mouth and nose while in the work place at all times.
- This does not replace normal required PPE; i.e. respirator for toxic materials
- This does not replace the "social distance" requirement of 6 feet.
- Face cover provided by GDIT is washable and reusable; best option is to take home wash with soap and water, if possible dry in SUN light or other UV light. The UV spectrum kills the virus.



## STOP THE SPREAD



### WASH YOUR HANDS OFTEN WITH SOAP AND WATER.

Scrub for at least 20 seconds. If soap and water aren't available, use an alcohol-based sanitizer.



### MOVE AWAY FROM OTHERS WHEN YOU COUGH OR SNEEZE.

Cover your nose and mouth with a tissue, and then throw the tissue away. Wash hands after blowing your nose, coughing, or sneezing.



### AVOID CLOSE CONTACT WITH PEOPLE WHO ARE SICK.

A person with coronavirus can spread it to others who are up to about 6 feet away



### DON'T TOUCH YOUR EYES, NOSE, OR MOUTH.

A virus can enter your body this way.



### CLEAN AND DISINFECT COMMONLY USED SURFACES.

Wipe down doorknobs, tables, light switches, keyboards, and remote controls.

## STOP THE SPREAD