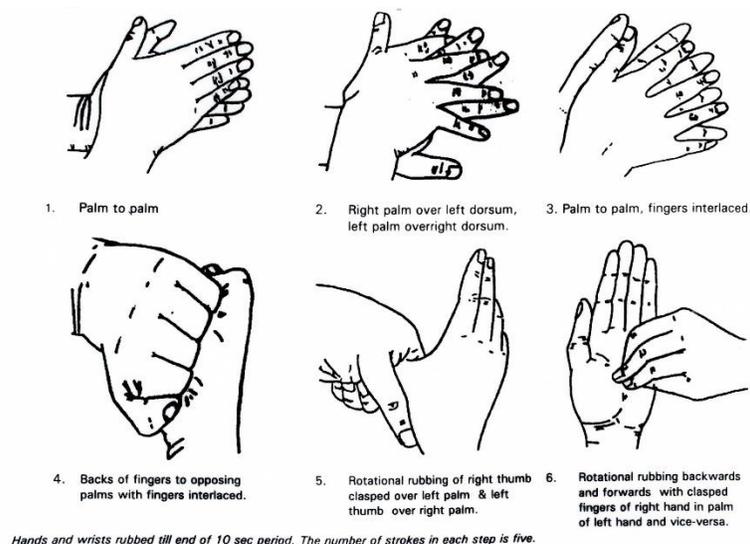


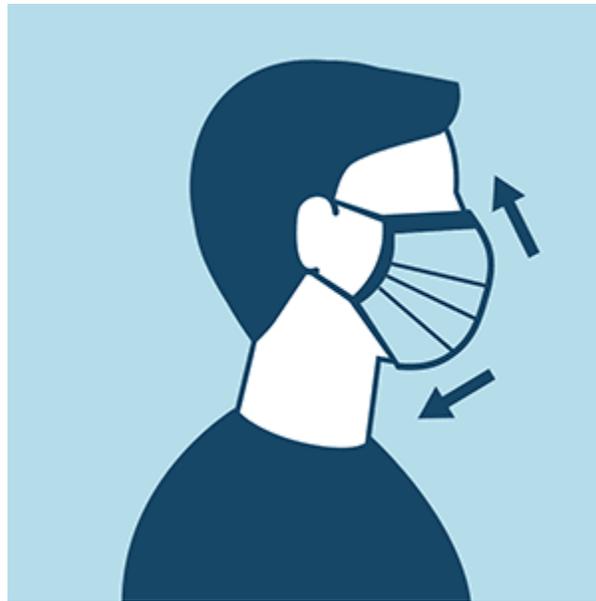


## What Workers Need to Know About COVID-19 Protections in the Workplace

- The best way to protect yourself is to stay far enough away from other people so that you are not breathing in particles produced by an infected person – generally at least 6 feet (about 2 arm lengths).
- Practice good personal hygiene and wash your hands often. Always cover your mouth and nose with a tissue when you cough or sneeze or use the inside of your elbow and do not spit.
- Monitor your health daily and be alert for COVID-19 symptoms (e.g., fever, cough, shortness of breath, or other symptoms of COVID-19).
- Face coverings are simple barriers to help prevent your respiratory droplets or aerosols from reaching others. Not all face coverings are the same; the CDC recommends that face coverings be made of at least two layers of a tightly woven breathable fabric, such as cotton, and should not have exhalation valves or vents.
- The main function of wearing a face covering is to protect those around you, in case you are infected but not showing symptoms. Studies show that face coverings reduce the spray of droplets when worn over the nose and mouth.
- Studies show that face coverings can reduce wearers' risk of infection in certain circumstances, depending upon the face covering.
- You should wear a face covering even if you do not feel sick. This is because people with COVID-19 who never develop symptoms (asymptomatic) and those who are not yet showing symptoms (pre-symptomatic) can still spread the virus to other people.
- It is important to wear a face covering when you are unable to stay at least 6 feet apart from others since COVID-19 spreads mainly among people who are in close contact with one another.
- It is important to wear a face covering and remain physically distant from co-workers and customers even if you have been vaccinated because it is not known at this time how vaccination affects transmissibility.
- Many employers have established COVID-19 prevention programs that include a number of important steps to keep workers safe. Ask your employer about plans in your workplace.

### Proper Handwashing: Scrub using soap or hand sanitizer for a total of 20 seconds.





**Mask must cover over your nose and mouth. Bottom of mask should extend down under chin. If wearing a disposable blue side out with adjustment tab up across bridge of nose.**

A video thumbnail with a dark teal background. In the top left corner is the logo for 'sqadia.com'. The main title 'Proper Way to Put on a Face Mask' is displayed in white and yellow text. Below the title is a play button icon. A woman in dark blue scrubs is shown from the chest up, holding a white face mask to her face. Her scrubs have 'SHEENA A. KHAN' and 'SURGEON' printed on them. In the bottom left, the text 'COVID-19' is visible. At the bottom center, there is a white box containing a YouTube URL. In the bottom right corner, there is a small, colorful illustration of a virus particle.

sqadia.com

# Proper Way to Put on a Face Mask

COVID-19

[https://www.youtube.com/watch?v=JwPWdkbyizw&feature=emb\\_logo](https://www.youtube.com/watch?v=JwPWdkbyizw&feature=emb_logo)

**Video: Mask Wearing 101-How to Properly Use & Reuse A Mask**