



Tips for staying safe while you're working during the COVID-19 crisis

- Wash your hands frequently and thoroughly, with soap. If soap and running water aren't available, use hand sanitizer that contains at least 60% alcohol.
- Sanitize surfaces, doors, handles, phones, keyboards, work areas.
- Stay home if you're sick
- Cover your coughs and sneezes
- Stay 6 feet away from coworkers and clients
- Don't use coworkers' phones, desks, offices, or other tools and equipment
- Take your breaks to re-energize yourself during these stressful times to the extent you can because if you are not invigorated it will be much harder to help others
- Ask for help and do not try to do it alone JUST ASK!

Wear appropriate PPE to keep you and the public safe.

Click on the link below to go to the Center for disease control for more info.

https://en.wikipedia.org/wiki/2019%E2%80%9320_coronavirus_pandemic



MORE WEBSITES AND RESOURCES TO WORK SAFELY

Department of Industrial Relations

<https://www.dir.ca.gov/dosh/coronavirus/Health-Care-General-Industry.html>

UC Berkeley Labor Occupational Health Program

<http://lohp.org/covid-19-coronavirus-worker-resources/>

California Nurses Association PPE recommendation

https://act.nationalnursesunited.org/page/-/files/graphics/0320_COVID_ATDstandards_flyer.pdf

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