



COVID-19: Factsheet for DOC Staff

COVID-19 is a virus that spreads easily and could make people really sick. It is caused by a germ that enters the body through the eyes, nose or mouth.



- Directly enters the body from the droplets of a **cough** or **sneeze** of an infected person landing in their own eyes, nose or mouth
- Indirectly enters the eyes, nose or mouth from **dirty hands** that have touched a contaminated surface.

People can spread the virus without feeling sick. Symptoms may appear within **2-14 days** of exposure.



How to Protect Yourself



Social distancing: leave at least 6 feet between all people



Hand hygiene: wash hand for at least 20 seconds with soap and water or rub hands for 20 seconds with an alcohol based hand rub



Frequent cleaning: thoroughly clean all surfaces with EPA approved disinfectants



Don't touch your face (including mouth or nose)



Wear a sneeze guard at all times unless other PPE is required



Cover cough/ sneeze inside your elbow or with a tissue and dispose of immediately



Monitor for symptoms: fever, cough, shortness of breath, chills, muscle pain, headache, sore throat, loss of taste or smell



Stay at home: whenever you are sick; report your symptoms to management

Personal Protective Equipment (PPE) and Safety Quick Tips

- Wash your hands between each step of applying and removing PPE/sneeze guard.
- Don't touch the outside of the PPE/sneeze guard. If you do, wash your hands.
- While removing PPE, carefully remove PPE by not touching potentially contaminated surfaces.
 - Masks should be removed from the straps and not the front of the mask
 - Goggles should be removed by the sides
 - If wearing a gown, remove the gown carefully to not contaminate your clothes
- If you have disposable equipment, dispose immediately after use.
- If you have reusable PPE, clean immediately (if possible) or store safely.
- To limit cross contamination-remain in your specific work area
- To help reduce possible spread of COVID-19, we encourage you to use the decontamination stations at your Facility. Decontaminate your shoes, radio, utility belt, and other frequently touched items on your person
- Know your zone and the PPE for that zone:

Low Risk

No known COVID in the area

Green Zone PPE

+ No PPE
+ All staff wear sneeze guards

Moderate Risk

Potential for COVID in the area

Yellow Zone PPE (non-medical)

+Droplet Mask
+Gloves

High Risk

COVID in the area

Red Zone PPE

+Droplet/
N95 Mask
+Eye Protection
+Gowns
+Gloves