

Standard Precautions



Follow Standard Precautions

- Wash hands
- Use hand sanitizer
- Use Personal Protective Equipment (PPE) when needed. These are things like gloves, masks, gowns, etc.
- Meet with other teams to make sure that everyone is informed, prepared, and ready to act when necessary.



Have a Cleaning Plan

- Make note of all cleanable areas in your home, work, and other spaces you frequent
- Make a list of everything that needs to be cleaned



Evaluate Cleaning Frequency

- Clean surfaces that are touched more frequently. Things like doorknobs, handrails, telephones, light switches, etc.
- Clean low-priority things less frequently. Things like mirrors, shelves, etc.
- Increase frequency of cleaning based on if it is flu season or not.



Understand How to Clean & Disinfect

The difference between cleaning and disinfecting is vast. Knowing what the difference is can make sure that you're properly kill germs that can spread viruses

- **Cleaning:** removes dirt, impurities, and germs from objects and surfaces. By using soap and water, cleaning physically removes germs from surfaces. It doesn't kill the germs, it simply removes them from the area.
- **Disinfecting:** kills germs on the objects or surfaces. By using chemicals, germs are killed on surfaces. However, this does not clean the surface necessarily.

When looking for products, seek out ones that both disinfect and clean, to avoid over-complicating things.



Understanding Dwell Time

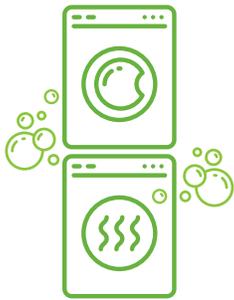
Also known as contact time, it is the time it takes a product to be on a surface to properly do its job: kill germs. Always know what product you're using and what its dwell time requires.



Prevent Cross Contamination

Cross-contamination is the process of bringing germs from one place to another. When you wipe down an area using a rag, and then use that same rag to wipe down another area, you are likely spreading the germs from one place to another.

How to Prevent Cross-Contamination



- When cleaning, start at the cleanest surface and work towards the dirtiest surface
- Start high and end low. Meaning, start with walls and vertical surfaces so that anything that may fall down can, and then end with mopping floors.
- Always use a different cloth when cleaning the toilet. Never use a cloth that was used on a toilet on any other surface



Team Up For Greater Results

By making supplies available to everyone, all teams can effectively work together to make sure that commonly used items (coffee pots, water fountains, etc.) are cleaned consistently. Make sure that each team has an understanding of what cleaning and disinfecting entails.



Make Information Available

Having all applicable information about cleaning, standard procedures, handwashing, etc. can ensure that everyone is constantly thinking about and informed in making sure everyone is being clean, sanitary, and safe.

For more information, please visit [CDC.gov](https://www.cdc.gov).



Think About It...



If you are feeling the symptoms, you could be endangering the residents!

We ask that you reschedule your visit to our community if you have been exposed to COVID-19 (Coronavirus) or if you have any of the following symptoms:

- Fever
- Sore throat
- Cough
- Body Aches, Chills
- A General Feeling of Being Unwell
- Shortness of Breath
- Respiratory problems
- Nausea or Diarrhea

When in doubt, stay out!

We love having visitors in our community, but our residents and their wellbeing are our number one priority. It's possible to spread a virus even with no symptoms. That's why if you're visiting, you are required to use the provided hand sanitizer.

Please do not enter the community if you:

- If you have had symptoms or have been exposed to someone with COVID-19.
- Have traveled to known affected areas within the past 14 days.



According to CDC safeguards, please take the following precautions for yourself and others:

- Wash hands with soap and water for 20 seconds, often, and especially after coughing or sneezing
- If you're unable to wash hands, use hand sanitizer
- Throw used tissues away immediately after usage
- Avoid touching your face, particularly your eyes, mouth, and nose
- If you are sick, stay home! Avoiding contact with other people will help limit the spread of viruses

For more information, please call 1-800-CDC-INFO (1-800-232-4636).



Clean, Clean, Clean!



Clean Your Area

Clean areas/surfaces that are frequently touched and handled. Always follow the direction on the label of the cleaning product to ensure proper usage. Clean these many times daily:

- Phones
- Elevator buttons
- Doorknobs
- Handrails
- Keyboards
- Chair handles
- Countertops & Hard Surfaces
- Walkie-Talkies



Wash Your Hands

1. Wet your hands with warm water.
2. Apply soap
3. Lather the soap in your hands by rubbing them together. Make sure to include in between fingers, under fingernails, and the backs of your hands.
4. Scrub your hands for at least 20 seconds.
5. Rinse your hands really well.
6. Use a clean towel, dry your hands thoroughly.

PRO TIP: Use a paper towel to open the bathroom door to ensure that you don't transfer germs onto your clean hands.



Watch Your Cough/Sneeze Etiquette

1. Use a tissue to cover your mouth and nose while you sneeze or cough. Immediately discard used tissue in garbage.
2. Use the inside of your elbow if you don't have a tissue handy.

REMEMBER: The most effective way to prevent the spread of viruses is to wash your hands and cover your mouth when you sneeze or cough.

For more information, please visit [CDC.gov](https://www.cdc.gov).



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Frequently Asked Questions About the Coronavirus



What is a novel coronavirus?

A novel coronavirus is a new coronavirus that has not been previously identified. The virus causing coronavirus disease 2019 (COVID-19), is not the same as the coronaviruses that commonly circulate among humans and cause mild illness, like the common cold.



Can someone who has COVID-19 spread the illness to others?

The virus that causes COVID-19 is spreading from person-to-person. Someone who is actively sick with COVID-19 can spread the illness to others. That is why CDC recommends that these patients be isolated either in the hospital or at home (depending on how sick they are) until they are better and no longer pose a risk of infecting others.



Who is at higher risk for serious illness from COVID-19?

Early information out of China, where COVID-19 first started, shows that some people are at higher risk of getting very sick from this illness including older adults, and people who have serious chronic medical conditions like heart disease, diabetes, and lung disease.



What should people at higher risk of serious illness with COVID-19 do?

If you are at higher risk of getting very sick from COVID-19, you should: stock up on supplies; take everyday precautions to keep space between yourself and others; when you go out in public, keep away from others who are sick; limit close contact and wash your hands often, and avoid crowds. If there is an outbreak in your community, stay home as much as possible. Watch for symptoms and emergency signs. If you get sick, stay home and call your doctor.



Does the CDC recommend the use of facemasks to prevent COVID-19?

CDC does not recommend that people who are well wear a facemask to protect themselves from respiratory illnesses, including COVID-19. You should only wear a mask if a healthcare professional recommends it. A facemask should be used by people who have COVID-19 and are showing symptoms. This is to protect others from the risk of getting infected.



What are the symptoms and complications COVID-19 can cause?

Current symptoms reported for patients with COVID-19 have included mild to severe respiratory illness with fever, cough, and difficulty breathing.

For more information, please visit [CDC.gov](https://www.cdc.gov).

