

Work Safely to Prevent the Spread of COVID-19

By Mark Conroy

To keep the virus from spreading, we all need to take additional precautions in our daily lives. As more businesses reopen, there is an increased risk of spreading COVID-19. The only way to make sure you remain safe, and not catch the virus and spread it to others, is to adhere to the CDC guidance. Here is what you need to know to keep yourself, your customers, and your family safe.

Steps You Can Take to Prevent Spreading COVID-19

The best way to prevent illness is to avoid being exposed to the virus. Here are steps to take:

- Wear a mouth and nose mask or covering while in public places.
- Do not touch your eyes, nose, or mouth with unwashed hands.
- Do not eat food with unwashed hands.
- Wear disposable gloves when touching surfaces or objects.
- Remove gloves when work is complete, throw them away, and wash your hands.
- Blow your nose, cough, or sneeze into a disposable tissue and throw it away immediately.
- Frequently wash your hands with soap and water for at least 20 seconds.

Avoid Close Contact with Others

The virus spreads mainly through close person-to-person contact. People who are infected often have symptoms of the disease. But many people never show any symptoms. These people are called asymptomatic carriers. The virus is highly contagious; meaning it spreads easily and rapidly. So both groups of people can spread the virus. Therefore, take steps to make sure you do not spread the virus or catch it from others. Here are 3 things to remember:

1. Practice social distancing, which means you remain at least 6 feet from others.
2. Do not shake hands with people.
3. Avoid any contact with any person that is known to be sick with COVID-19.

Remember to routinely clean your tools, parts, and work vehicle. Also clean frequently touched surfaces often with cleaning wipes. Wearing a face mask and gloves will remind you not to touch your face. It is very important that if you begin to feel you might have symptoms of COVID-19, leave the jobsite, inform your supervisor, and seek advice from your doctor. Following the CDC guidance will increase safety by helping to stop the spread of the virus.

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