COVID-19: Factsheet for DOC Offenders

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.

Some people can spread the virus without feeling sick. Symptoms may appear within 2-14 days of exposure. Please report any symptoms immediately.

How to Protect Yourself

Social distancing: leave at least 6 feet between all people

Hand hygiene: wash 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, nose, and eyes)

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

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

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

Sleeping and Laundry: Head to toe, use barriers if provided, change linens twice a week, laundering of sneeze guards daily, change clothing daily

Personal Protective Equipment (PPE) and Safety Quick Tips

- Wash your hands between each step of applying and removing mask/sneeze guard.
- Do not touch the outside of the mask/sneeze guard. If you do, wash your hands.
- Do not place mask/sneeze guard or toothbrushes on frequently touched/accessed surfaces.
- If you have disposable food service items (dishes, cups, utensils) do not share them with others and dispose of them immediately after use.
- Do not share personal items as COVID-19 is spread by respiratory droplets

Know your zone and the PPE for that zone:

<table>
<thead>
<tr>
<th>Low Risk</th>
<th>Moderate Risk</th>
<th>High Risk</th>
</tr>
</thead>
<tbody>
<tr>
<td>No known COVID in the area</td>
<td>Potential for COVID in the area</td>
<td>COVID in the area</td>
</tr>
<tr>
<td>Green Zone PPE</td>
<td>Yellow Zone PPE (offenders)</td>
<td>Red Zone PPE (Offenders)</td>
</tr>
<tr>
<td>+ No PPE + All offenders wear sneeze guards</td>
<td>+Droplet Mask</td>
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Low Risk
- No known COVID in the area

Moderate Risk
- Potential for COVID in the area
- Yellow Zone PPE (offenders)
- +Droplet Mask

High Risk
- COVID in the area
- Red Zone PPE (Offenders)
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