



# 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



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



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



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



**Frequent cleaning:** thoroughly clean all surfaces with EPA approved disinfectants



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



**Don't touch your face** (including mouth, nose, and eyes)



**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:

### Low Risk

No known COVID in the area

Green Zone PPE

+ No PPE  
+ All offenders wear sneeze guards

### Moderate Risk

Potential for COVID in the area

Yellow Zone PPE (offenders)

+Droplet Mask

### High Risk

COVID in the area

Red Zone PPE (offenders)

+Droplet Mask