

# Staying Safe from COVID-19 as Communities Reopen

## YOURSELF

- Wash your hands often with soap and water for at least 20 seconds. If you can't get to a sink, use alcohol-based hand sanitizer with at least 60% alcohol.
- Keep your hands away from your eyes, nose, and mouth.
- Cough or sneeze into your elbow or a tissue and clean your hands immediately afterward.
- Stay home if you feel sick or experience any symptoms of COVID-19.



## YOUR COMMUNITY

- Maintain social distancing of at least 6 feet from those outside your immediate home.
- Wear a cloth facemask while in public. Facemasks should completely cover your nose and mouth. Do not touch your mask during wear. Remove facemask only by touching ear loops or ties. Wash your hands immediately afterward and launder between uses.
- Throw away disposable masks after single use. Do not wear if the mask has gotten wet or soiled.
- Keep hand sanitizer with you, so you can clean your hands when you are out. Wash your hands immediately upon returning home.
- Clean handles of grocery carts, and only touch items you intend to purchase. If possible, leave your family members at home when shopping.
- Don't wear **gloves** out in public. They can spread germs.
- Be patient. Social distancing measures have decreased occupancy limits for many businesses; wait times may increase as a result.



## YOUR WORKPLACE

- Clean your hands throughout the day.
- Understand your employer's plan for maintaining social distancing standards and for cleaning and disinfecting the workplace. Encourage your employer to do thorough cleanings on a regular basis. High-touch surfaces, such as elevator buttons and handrails, should be cleaned throughout the day.
- Clean surfaces in your workspace frequently (phones, keyboards, badges, etc.).
- Wear facemask and stay 6 feet away from others when possible. Conduct meetings via video conference even if you are all within the same workplace. Maintain social distancing in lunch and break rooms.
- Do not share personal equipment such as phones, keyboards, and pens, and remove "community" items from shared spaces.



The Association for Professionals in Infection Control and Epidemiology (APIC) is creating a safer world through the prevention of infection. APIC's nearly 16,000 members develop and direct infection prevention and control programs that save lives and improve the bottom line for healthcare facilities. APIC advances its mission through patient safety, education, implementation science, competencies and certification, advocacy, and data standardization. Visit us at [apic.org](http://apic.org).

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