

Training on COVID-19 Prevention and the Work Place

Ohio University Center for Campus and Community Engagement
Community Work Study Program

Information courtesy of the U.S. Center for Disease Control
and the Athens City-County Health Department

Coronavirus Disease 2019 (COVID-19)

Prevent Getting Sick



Protect Yourself and Others

You can take steps to slow the spread of COVID-19.



[How Coronavirus Spreads](#)



[How to Protect Yourself](#)



[Cloth Face Covers](#)



[Cleaning and Disinfecting Your Home](#)



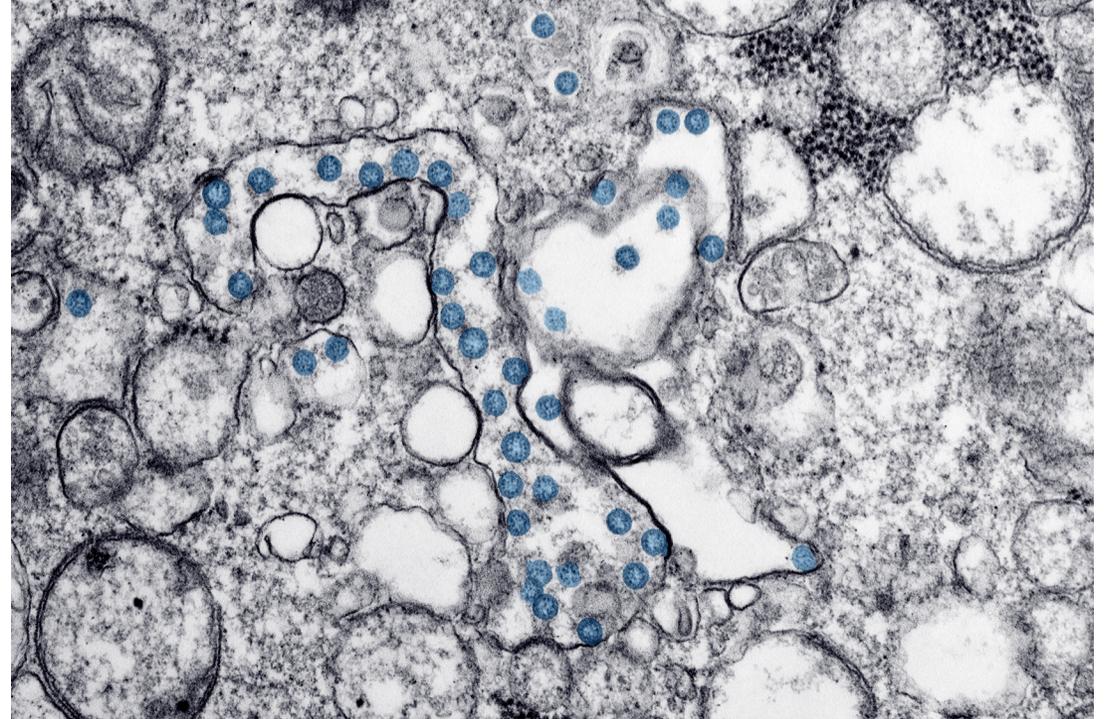
[Social Distancing](#)



[Wearing Gloves](#)

How COVID-19 Spreads

COVID-19 is thought to spread mainly through close contact from person-to-person. Some people without symptoms may be able to spread the virus. We are still learning about how the virus spreads and the severity of illness it causes.



How COVID-19 Spreads

PERSON-TO-PERSON SPREAD: THE VIRUS IS THOUGHT TO SPREAD MAINLY FROM PERSON-TO-PERSON.

- Between people who are in close contact with one another (within about 6 feet).
- Through respiratory droplets produced when an infected person coughs, sneezes, or talks.
- These droplets can land in the mouths or noses of people who are nearby or possibly be inhaled into the lungs.
- COVID-19 may be spread by people who are not showing symptoms.

THE VIRUS SPREADS EASILY BETWEEN PEOPLE

- How easily a virus spreads from person-to-person can vary. Some viruses are highly contagious, like measles, while other viruses do not spread as easily. Another factor is whether the spread is sustained, which means it goes from person-to-person without stopping.
- The virus that causes COVID-19 is spreading very easily and sustainably between people. Information from the ongoing COVID-19 pandemic suggests that this virus is spreading more efficiently than influenza, but not as efficiently as measles, which is highly contagious. In general, the more closely a person interacts with others and the longer that interaction, the higher the risk of COVID-19 spread.

How COVID-19 Spreads

THE VIRUS MAY BE SPREAD IN OTHER WAYS

- It may be possible that a person can get COVID-19 by touching a surface or object that has the virus on it and then touching their own mouth, nose, or possibly their eyes. This is not thought to be the main way the virus spreads, but we are still learning more about how this virus spreads.
- Spread between animals and people
- At this time, the risk of COVID-19 spreading from animals to people is considered to be low. Learn about [COVID-19 and pets and other animals](#).
- It appears that the virus that causes COVID-19 can spread from people to animals in some situations. CDC is aware of a small number of pets worldwide, including cats and dogs, reported to be infected with the virus that causes COVID-19, mostly after close contact with people with COVID-19. Learn what you should do [if you have pets](#).

PROTECT YOURSELF AND OTHERS: THE BEST WAY TO PREVENT ILLNESS IS TO AVOID BEING EXPOSED TO THIS VIRUS.

- [Maintain good social distance](#) (about 6 feet). This is very important in preventing the spread of COVID-19.
- [Wash your hands](#) often with soap and water. If soap and water are not available, use a hand sanitizer that contains at least 60% alcohol.
- [Routinely clean and disinfect](#) frequently touched surfaces.
- Cover your mouth and nose with a [cloth face covering](#) when around others.
- Learn more about what you can do to [protect yourself and others](#).

Coronavirus Disease 2019 (COVID-19)

How to Protect Yourself & Others

Older adults and people who have severe underlying medical conditions like heart or lung disease or diabetes seem to be at higher risk for developing serious complications from COVID-19 illness. More information on [Are you at higher risk for serious illness](#).



Know how it spreads

- There is currently no vaccine to prevent coronavirus disease 2019 (COVID-19).
- The best way to prevent illness is to avoid being exposed to this virus.
- The virus is thought to [spread mainly from person-to-person](#).
 - Between people who are in close contact with one another (within about 6 feet).
 - Through respiratory droplets produced when an infected person coughs, sneezes or talks.
 - These droplets can land in the mouths or noses of people who are nearby or possibly be inhaled into the lungs.
 - Some recent studies have suggested that COVID-19 may be spread by people who are not showing symptoms.

Everyone Should



Wash your hands often

- **Wash your hands** often with soap and water for at least 20 seconds especially after you have been in a public place, or after blowing your nose, coughing, or sneezing.
- If soap and water are not readily available, use a **hand sanitizer that contains at least 60% alcohol**. Cover all surfaces of your hands and rub them together until they feel dry.
- **Avoid touching your eyes, nose, and mouth** with unwashed hands.



Avoid close contact

- **Avoid close contact with people who are sick, even inside your home.** If possible, maintain 6 feet between the person who is sick and other household members.
- **Put distance between yourself and other people outside of your home.**
 - Remember that some people without symptoms may be able to spread virus.
 - **Stay at least 6 feet (about 2 arms' length) from other people.**
 - Keeping distance from others is especially important for **people who are at higher risk of getting very sick.**



Cover your mouth and nose with a cloth face cover when around others

- You could spread COVID-19 to others even if you do not feel sick.
- Everyone should wear a [cloth face cover](#) when they have to go out in public, for example to the grocery store or to pick up other necessities.
 - Cloth face coverings should not be placed on young children under age 2, anyone who has trouble breathing, or is unconscious, incapacitated or otherwise unable to remove the mask without assistance.
- The cloth face cover is meant to protect other people in case you are infected.
- Do NOT use a facemask meant for a healthcare worker.
- Continue to keep about 6 feet between yourself and others. The cloth face cover is not a substitute for social distancing.

How to Wash Hands to Prevent Germ Spread:

<https://www.cdc.gov/handwashing/when-how-handwashing.html>



Cover coughs and sneezes

- If you are around others and do not have on your cloth face covering, remember to always cover your mouth and nose with a tissue when you cough or sneeze or use the inside of your elbow and do not spit.
- Throw used tissues in the trash.
- Immediately wash your hands with soap and water for at least 20 seconds. If soap and water are not readily available, clean your hands with a hand sanitizer that contains at least 60% alcohol.



Clean and disinfect

- Clean AND disinfect [frequently touched surfaces](#) daily. This includes tables, doorknobs, light switches, countertops, handles, desks, phones, keyboards, toilets, faucets, and sinks.
- If surfaces are dirty, clean them. Use detergent or soap and water prior to disinfection.
- Then, use a household disinfectant. Most common [EPA-registered household disinfectants](#) [↗](#) will work.



Monitor Your Health

- Be alert for symptoms. Watch for fever, cough, shortness of breath, or [other symptoms](#) of COVID-19.
 - Especially important if you are [running essential errands](#), going into the office or workplace, and in settings where it may be difficult to keep a [physical distance of 6 feet](#).
- Take your temperature if symptoms develop.
 - Don't take your temperature within 30 minutes of exercising or after taking medications that could lower your temperature, like acetaminophen.

Use of Cloth Face Coverings to Help Slow the Spread of COVID-19

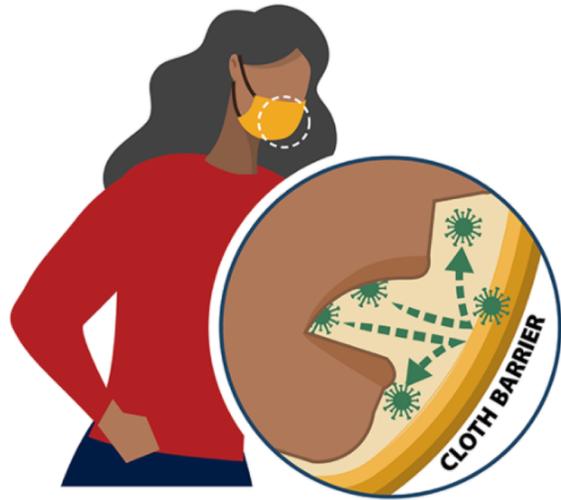
COVID-19 spreads mainly from person to person through respiratory droplets produced when an infected person coughs, sneezes, or talks. These droplets can land in the mouths or noses of people who are nearby or possibly be inhaled into the lungs. [Studies and evidence](#) on infection control report that these droplets usually travel around 6 feet (about two arms lengths).



Wear Cloth Face Coverings

Wear cloth face coverings in public settings where other social distancing measures are difficult to maintain, such as grocery stores, pharmacies, and gas stations.

- Cloth face coverings may slow the spread of the virus and help people who may have the virus and do not know it from transmitting it to others.
- Cloth face coverings can be made from household items.



Prevent Spread by Those Without Symptoms

While people who are sick or know that they have COVID-19 should isolate at home, COVID-19 can be spread by people who do not have symptoms and do not know that they are infected. That's why it's important for everyone to practice [social distancing](#) (staying at least 6 feet away from other people) and wear cloth face coverings in public settings. Cloth face coverings

provide an extra layer to help prevent the respiratory droplets from traveling in the air and onto other people.

Watch this video from the Athens City-County Health Department to learn how to properly wear a face mask:

<https://youtu.be/ZQIFwRx2l64>

When to wear gloves

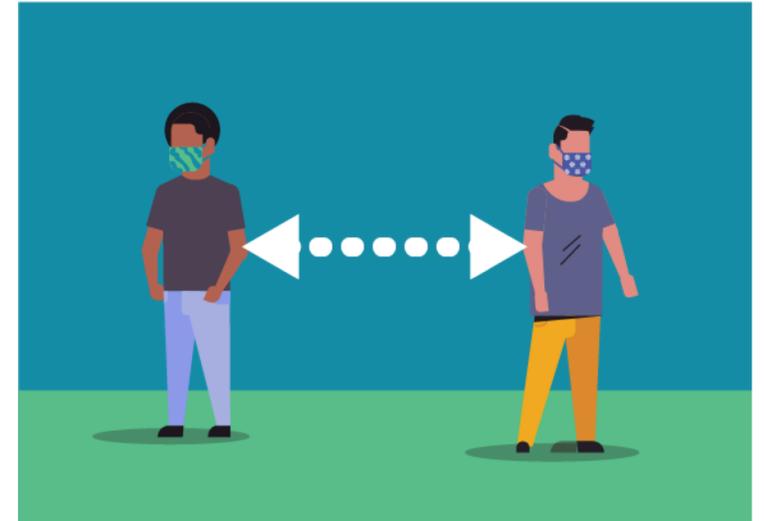
- For the general public, CDC recommends wearing gloves when you are cleaning or caring for someone who is sick.
- In most other situations, like running errands, wearing gloves is not necessary. Instead, practice everyday preventive actions like keeping social distance (at least 6 feet) from others, washing your hands with soap and water for 20 seconds (or using a hand sanitizer with at least 60% alcohol), and wearing a cloth face covering when you have to go out in public.

For more information on when to wear gloves visit: <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/gloves.html>

Social Distancing

Keep Your Distance to Slow the Spread

- Limiting face-to-face contact with others is the best way to reduce the spread of coronavirus disease 2019 (COVID-19).
- Social distancing, also called “physical distancing,” means keeping space between yourself and other people outside of your home.
- **To practice social or physical distancing stay at least 6 feet (about 2 arms’ length) from other people.**
- In addition to everyday steps to prevent COVID-19, keeping space between you and others is one of the best tools we have to avoid being exposed to this virus and slowing its spread locally and across the country and world.
- Limit close contact with others outside your household in indoor and outdoor spaces. Since people can spread the virus before they know they are sick, it is important to stay away from others when possible, even if you—or they—have no symptoms. Social distancing is especially important for people who are at higher risk for severe illness from COVID-19.



Conclusion

- Discuss this information with your Community Work Study Host Site supervisor and review the site's employee manual to ensure you are in compliance and are keeping yourself and others safe and healthy.
- Questions? Contact the Center for Campus and Community Engagement nallym@ohio.edu
- For more information, visit: <https://www.cdc.gov/coronavirus/2019-ncov/index.html>