

RISK SIMPLIFIED

RESOURCES

- [Reopening Guidance](#)
- [CDC Coronavirus \(COVID-19\) Main Page](#)

QUESTIONS

[Email PRISM Risk Control](#)
Or call 916.850.7300

Safe Personal Practices for Returning to Work in the COVID-19 Environment

By Juan Cajandig

Definitions

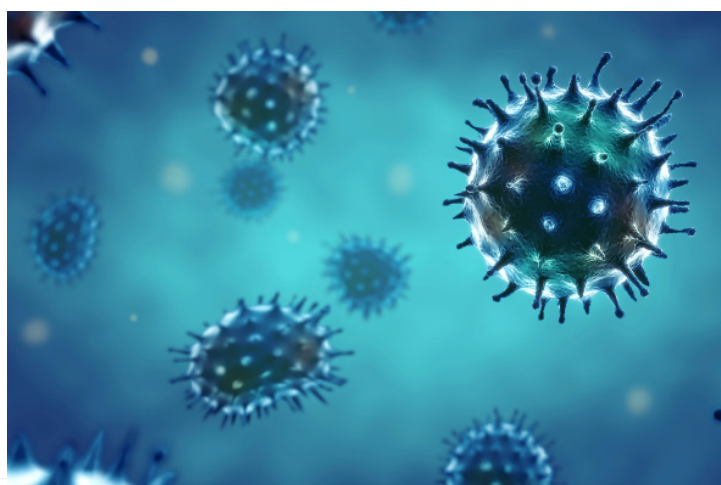
Safe Zones: Your home, car, and yard assuming that they are disinfected and the occupants are healthy.

Danger Zones: When you are around other people or contaminated surfaces.

Touch Exposures: Activities which may require contact with contaminated surfaces include opening doors, shopping, pumping gas, using public restrooms, working in common areas, and handling mail.

Primary Routes of Exposure - COVID 19 Virus

- Hand to face contact
- Inhalation



Minimize Risk

- Stay 6 feet away from other people in **Danger Zones**. 10 feet is better!
- Wear a face covering when in **Danger Zones**.
- Minimize what your hands touch in **Danger Zones**:
 - Minimize unnecessary contact with contaminated surfaces.
 - Do not touch your face.
- Wash your hands every time you:
 - Take off your gloves and/or mask.
 - Move from **Danger Zones** to **Safe Zones**.
- Decontaminate your shoes before entering your **Safe Zone**.

Cloth Face Coverings

- Cloth face coverings make it hard to touch your nose and mouth, providing protection for the biggest infection vector: hand-to-face transmission.
- Cloth face coverings reduce your nose and throat exposure to viruses in the ambient air (directly breathing in viral spray or viral fog).
- Cloth face coverings reduce the spread of viruses by those who are sick, including asymptomatic persons (those without symptoms).
- If you touch the outside of your cloth face covering, your hands are contaminated. Wash them immediately.
- Keep the inside of your cloth face covering clean and prevent contact with your hands or anything dirty.
- Launder your cloth face covering daily. Have more than one available for immediate use.
- Treat cloth face coverings like underwear. Use a clean one every day.
- Cloth face coverings are not surgical masks or N-95 respirators, and can be made out of any sanitary fabric. Surgical masks and N-95 respirators must continue to be reserved for healthcare workers and other medical first responders.



Gloves

- Consider wearing gloves (even winter gloves or work gloves can be helpful) but only for short periods of time and only during **Touch Exposures** within **Danger Zones**.
- Do not touch your face with contaminated gloves.
- Remove your gloves when leaving **Touch Exposures**.
- Dispose of your gloves immediately after use, if you are wearing disposable gloves.
- Wash your gloves immediately after use, if you are wearing non-disposable gloves.
- Wash your hands after removing your gloves.

Hand Washing & Sanitizers

- Wash or sanitize your hands whenever you enter your **Safe Zone** every single time!
- Wash your hands with soap and water when available.
 - Wash hands with sanitizer or wipes when soap and water are not available.
- Wash or sanitize your hands when you finish working on things that may be contaminated.
- Keep a pump sanitizer or wipes in your car and at your home entrance for a quick cleaning job on the way into your **Safe Zone**.



Viruses Are Always Dying

- Viruses only “grow” (replicate to make more viruses) when they are inside an infected person’s body. Everywhere else they are dying.
- The rate that a virus dies outside of the human body depends on the local environment and the type of surface it is on.
 - A contaminated package on the porch in the sun may take 10 minutes for the sun to kill-off 99.9% of the virus particles on the package.
 - The same package in the basement might need 5 hours to accomplish the same kill-off outcome.
- Sunlight (UV light), heat, dryness, soap, alcohol, peroxide, and bleach rapidly kill viruses outside the human body.

For questions on this topic or related regulatory requirements, contact [PRISM Risk Control](#).

References: [Saving Your Health, One Mask at a Time](#) by [Peter S. Tippett, MD, PhD](#)