RISK SIMPLIFIED

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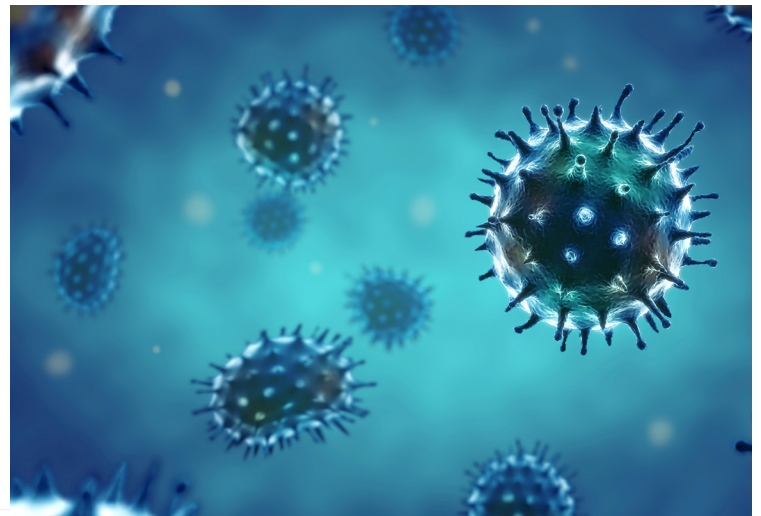
Definitions

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