

Tips to staying Coronavirus free:

Wash your hands!

This one is worth repeating over and over again. Wash your hands with warm water and hand soap. Doesn't necessarily need to be a disinfecting hand wash but does need to be frequent.

In the absence of being able to wash your hands, use an alcohol-based hand sanitizer. Needs to be at least 60 percent alcohol.



Use all of your standard PPE:

While standard PPE is common in use, gloves, and safety glasses, you may want to add an N95 mask to the equation as well. Remember all of these items are disposable, and should be disposed of after each visit, especially if you think the facility may be infected, or if they've had visitors/patients that may have been infected.



Use proper disinfectants:

Clean and disinfect, using a hospital grade, all common touchpoints. All door handles, water fountains, restroom facility knobs and flush handles. Use a product such as Jan-Pro's Enviroshield to disinfect things you typically can't get to with a spray and wipe disinfectant, such as computers, furniture, air vents, carpet, etc.



Don't share:

This may go against what many of us were taught as youngsters, but do not share drinks and food amongst you and or your co-workers. Do not drink from someone else's drink, don't eat food items handled by others.



Cover you cough and sneeze:

Cough or sneeze into a tissue and dispose of it, then wash your hands. Do not cough or sneeze into your hands or elbow, etc. If you are infected, this will just keep the germs festering on you and continuing to infect you and everyone around you.



Avoidance:

Avoid close contact with anyone that has cold or flu like symptoms. Stay home if you're sick! Skip the water fountain too. Pack bottles of water for you to take with you, don't drink from anything public, especially your typical water fountain.

Keep in tune:

Consult with your local health authorities on all necessary procedures and up to date information.