



Safety Stand-Down

Prevent COVID-19 at Home

What can I do to prevent the coronavirus disease at home?

Follow these guidelines from the Centers for Disease Control and Prevention:

Remind everyone in your household of the importance of practicing everyday preventive actions that can help prevent the spread of respiratory illnesses:

- Avoid close contact with people who are sick.
- Stay home when you are sick, except to get medical care.
- Cover your coughs and sneezes with a tissue, then dispose of the tissue in the trash.
- Clean frequently touched surfaces and objects daily – e.g., table, countertops, light switches, doorknobs, and cabinet handles) using a regular household detergent and water.
- Wash your hands often with soap and water for at least 20 seconds, especially after going to the bathroom; before eating; and 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. Always wash your hands with soap and water if your hands are visibly dirty.

Choose a room in your home that can be used to separate sick household members from those who are healthy. Identify a separate bathroom for the sick person to use, if possible. Plan to clean these rooms, as needed, when someone is sick.

Learn about your employer's emergency operations plan. Discuss sick-leave and options for workers who are sick or need to stay home to care for sick household members.

Stay home if you are sick!

Stay home if you have COVID-19 symptoms. If a member of your household is sick, stay home from work to avoid spreading COVID-19 to others.



(Note: Have each person present sign the back of this form.)

Signature of Foreman Date