Do not enter if you have the following flu-like symptoms:

Fever • Cough • Shortness of Breath

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COVID-19 Facility Hygiene & Readiness Checklist

Question 1:

Is signage posted in entryways requesting those with flu-like symptoms to not enter the facilities?

- ◯ Yes
- ◯ No

Comments:

Question 2:

Is signage posted in entryways requesting handwashing upon entry for all employees and visitors?

- ◯ Yes
- ◯ No

Comments:

Question 3:

Is signage posted displaying proper handwashing technique near all handwashing stations?

- ◯ Yes
- ◯ No

Comments:

Question 4:

Are handwashing facilities conveniently located within work areas? If no, are anti-bacterial products made available?

- ◯ Yes
- ◯ No

Comments:

Question 5:

Are prevention supplies made available such as disposable face masks, tissues, soap, etc.?

- ◯ Yes
- ◯ No

Comments:

Question 6:

Have you reviewed the cleaning measures to ensure high risk contact areas and touch points are being regularly disinfected?

- ◯ Yes
- ◯ No

Comments:

COVID-19 Facility Hygiene & Readiness Checklist

Question 7:

Are cleaning schedules on display?

- ◯ Yes
- ◯ No

Comments:

Question 8:

Is the work area properly ventilated?

- ◯ Yes
- ◯ No

Comments:

Question 9:

Are ventilation devices clear of dust/cobwebs?

- ◯ Yes
- ◯ No

Comments:

Question 10:

Do employees know how to report concerns with cleanliness and obtain additional cleaning?

- ◯ Yes
- ◯ No

Comments:

Question 11:

Is an emergency communication plan in place for distributing timely and accurate information to employees and visitors?

- ◯ Yes
- ◯ No

Comments:

Question 12:

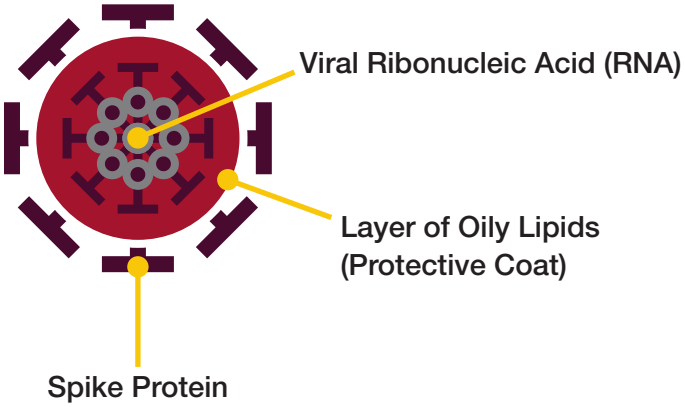
Have employees been given accurate information about ways to prevent the spread of infection?

- ◯ Yes
- ◯ No

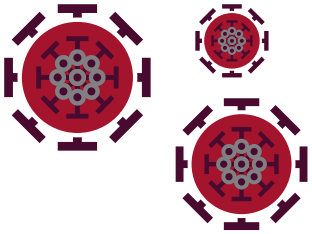
Comments:

How COVID-19 Infiltrates and Spreads

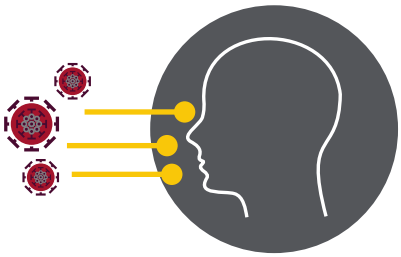
Make Up of the Virus



The virus is made of a RNA strand of code and is transmitted via air or touch.

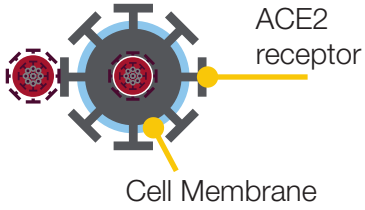


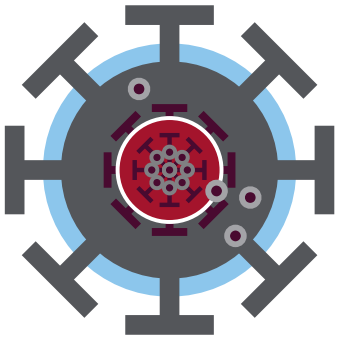
The virus can enter the body through the eyes, nose, or mouth passages.



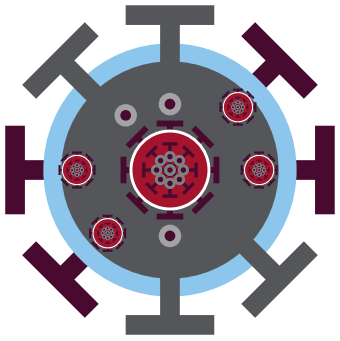
The virus travels down the respiratory system looking for cells to infect.

The virus spike will hook onto the ACE2 receptor of the cell. Once pulled in, the virus will use its oily lipid surface to slip and penetrate through the membrane of the cell.





Once inside the cell, the virus will release its RNA code.



Unaware of what is happening, the cell will read the vector's new code and start replicating it, making more. The cell will start producing more proteins which will not allow the immune system to attack the virus. The newly produced virus copies push to the outer edge of the cell.

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Sources: cdc.gov

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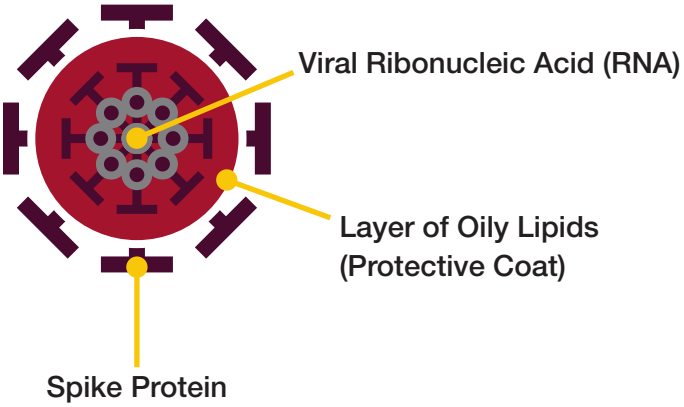
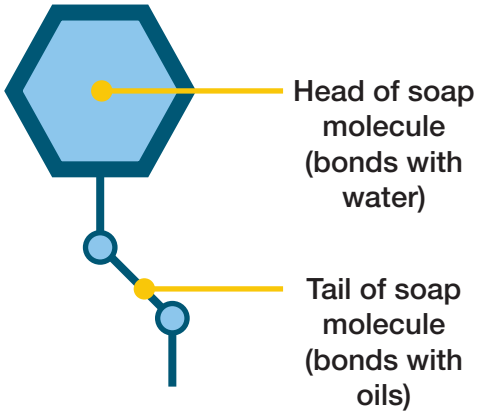
COVID-19 Prevention - Why Soap is Better

The following is an overview of how soap breaks down COVID-19 and other viruses.

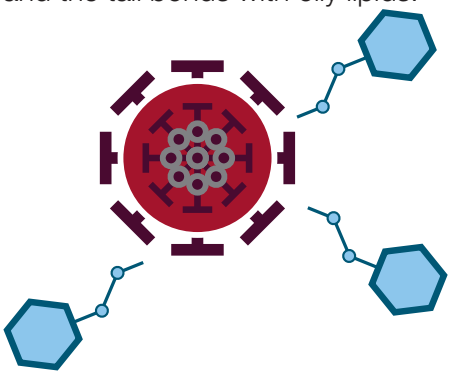
Make Up of the Virus



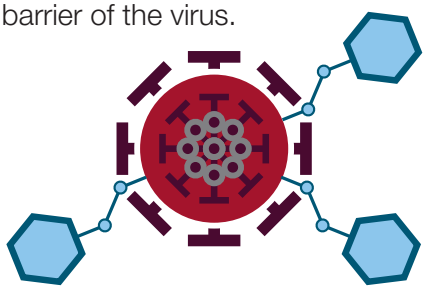
Soap Molecule



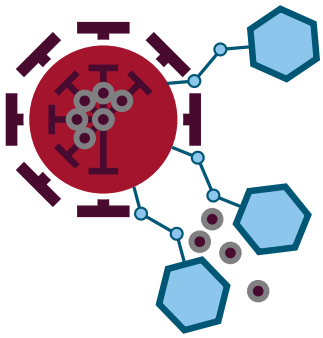
1. When using soap and water for handwashing, the head of the soap molecules bonds with water and the tail bonds with oily lipids.



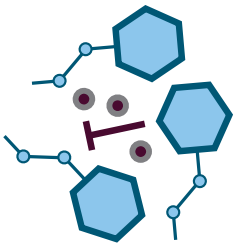
2. The tails of the soap molecules will attempt to bond with the oily protective barrier of the virus.



3. The soap molecule tails will group and wedge together into the oily barrier causing it to break down and release fragments of the virus.



4. The soap molecules then surround the fragments, encapsulating them before being washed away with water.



- 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

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Sources: cdc.gov

How to Use Chemicals Safely

In the era of coronavirus disease 2019 (COVID-19), your organization or your household may be using stronger chemicals for disinfecting surfaces. This fact sheet reminds you how to use chemicals safely and compliantly.

Workplace Tips

Ensure Easy SDS Access

Make sure anyone working with hazardous chemicals can easily find and understand Safety Data Sheets (SDSs).

Use Labels

Label all secondary containers with necessary product, supplier, hazard, and precautionary information.

Wear the Right PPE

Always inspect and wear required or SDS-recommended personal protective equipment when handling chemicals.

Provide Training + Maintain Inventory

Account for hazard communication training and keep your chemical inventory updated.

Sanitize? Clean? Disinfect?

These three terms are sometimes used interchangeably, but they mean different things. You'll need a combination of all three to control the spread of germs.

SANITIZE
Reduce germs.

If soap and water are not available, using a sanitizer with at least 60% alcohol can lower the number of germs to safer levels.

CLEAN
Remove germs.

Cleaning physically removes germs, dirt, and impurities from surfaces and it lowers the risk of spreading infection.

DISINFECT
Kill germs.

Disinfectants use chemicals to kill germs on surfaces. The EPA has a list of disinfectants that meet its criteria for use against COVID-19.

Household Tips

Use Original Containers

Keep chemical products in their original bottles or containers. Do not use food containers to store chemical products.

Never Mix Products

Never mix household products together. For example, mixing bleach and ammonia produces toxic gases.

Always Read the Label

Always read the label before using a product that may be poisonous.

Ventilation + Protective Clothing

Open windows and wear protective clothing (gloves, long sleeves, long pants, shoes) if you use chemicals.

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Sources: cdc.gov, osha.gov

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Please wash hands upon entry

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Eliminate the Spread - Workplace Flow

The following steps can help minimize your exposure and help protect yourself and your co-workers.

Arrive at workplace

Do not bring food/drink into workplace

Wear disposable gloves

Enter the workplace

No skin-to-skin contact

Obtain sanitizing solutions

Disinfect your work area

Remove gloves and dispose properly

Wash hands

Start work/production

Maintain social distancing

Wash hands every 90 minutes

Wear disposable gloves

Obtain sanitizing solutions

Disinfect your work area

Leave the workplace

Remove gloves and dispose properly

Wash hands

Leave for home

Arrive home safe and sound