



COVID-19

Protecting Yourself and Others

Employee Training
MODULE 2

**The information contained within is from CDC.gov unless otherwise noted*



WHO IS AT
HIGHEST RISK

HIGH RISK POPULATIONS

- **Older adults and people who have severe underlying medical conditions** like heart or lung disease or diabetes seem to be at higher risk for developing serious complications from COVID-19 illness.
- More information on [Are you at higher risk for serious illness.](#)



HOW COVID-19 SPREADS

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- There is currently no vaccine to prevent COVID-19.
- **The best way to prevent illness is to avoid being exposed to this virus.**
- The virus is thought to [spread mainly from person-to-person](#).
 - Between people who are in close contact with one another (within about 6 feet).
 - Through respiratory droplets produced when an infected person coughs, sneezes or talks.
 - These droplets can land in the mouths or noses of people who are nearby or possibly be inhaled into the lungs.
 - Some recent studies have suggested that COVID-19 may be spread by people who are not showing symptoms.



WHAT SHOULD
YOU DO

HOW TO PREVENT COVID-19 FROM SPREADING

The best way to prevent illness is to avoid being exposed to this virus. You can take steps to slow the spread.

- Wash your hands often
- Avoid close contact
- Cover your mouth and nose with a cloth face cover when around others
- Cover coughs and sneezes
- Clean and disinfect
- Monitor your health

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WASH YOUR
HANDS

WASH YOUR HANDS OFTEN

- 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

FOLLOW FIVE STEPS TO WASH YOUR HANDS THE RIGHT WAY

- Washing your hands is easy, and it's one of the most effective ways to prevent the spread of germs.
 - Clean hands can stop germs from spreading from one person to another and throughout an entire community—from your home and workplace to childcare facilities and hospitals.
- Follow these five steps every time.
 - **Wet** your hands with clean, running water (warm or cold), turn off the tap, and apply soap.
 - **Lather** your hands by rubbing them together with the soap.
 - Lather the backs of your hands, between your fingers, and under your nails.
 - **Scrub** your hands for at least 20 seconds.
 - Need a timer? Hum the “Happy Birthday” song from beginning to end twice.
 - **Rinse** your hands well under clean, running water.
 - **Dry** your hands using a clean towel or air dry them.

HOW TO USE HAND SANITIZER

- Apply the gel product to the palm of one hand (read the label to learn the correct amount).
- Rub your hands together.
- Rub the gel over all the surfaces of your hands and fingers until your hands are dry.
 - This should take around 20 seconds.

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AVOID CLOSE
CONTACT

AVOID CLOSE CONTACT

- **Avoid close contact with people who are sick, even inside your home.**
 - If possible, maintain 6 feet between the person who is sick and other household members.
- **Put distance between yourself and other people outside of your home and at work.**
 - Remember that some people without symptoms may be able to spread virus.
 - [Stay at least 6 feet \(about 2 arms' length\) from other people.](#)
 - Do not gather in groups.
 - Stay out of crowded places and avoid mass gatherings.
 - Keep distance from others is especially important for [people who are at higher risk of getting very sick.](#)

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WEAR FACIAL
COVERINGS

WEAR FACIAL COVERINGS

- You could spread COVID-19 to others even if you do not feel sick.
- Everyone should wear a [cloth face cover](#) when they have to go out in public or at work.
 - Cloth face coverings should not be placed on young children under age 2, anyone who has trouble breathing, or is unconscious, incapacitated or otherwise unable to remove the mask without assistance.
- The cloth face cover is meant to protect other people in case you are infected.
- Do NOT use a facemask meant for a healthcare worker.
- Continue to keep about 6 feet between yourself and others.
 - The cloth face cover is not a substitute for social distancing.

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COVER COUGHS AND SNEEZES

COVER YOUR MOUTH

- **If you are in a private setting and do not have on your cloth face covering, remember to always cover your mouth and nose** with a tissue when you cough or sneeze or use the inside of your elbow.
- **Throw used tissues** in the trash.
- Immediately **wash your hands** with soap and water for at least 20 seconds. If soap and water are not readily available, clean your hands with a hand sanitizer that contains at least 60% alcohol.



CLEAN AND
DISINFECT

CLEAN AND DISINFECT

- **Clean AND disinfect [frequently touched surfaces](#) daily.** This includes tables, doorknobs, light switches, countertops, handles, desks, phones, keyboards, toilets, faucets, and sinks.
- **If surfaces are dirty, clean them.** Use detergent or soap and water prior to disinfection.
- **Then, use a household disinfectant.** Most common [EPA-registered household disinfectant](#) [external icon](#) will work.
- *Review Training Module 3: Cleaning & Disinfecting for more info.*



MONITOR YOUR
HEALTH

MONITOR YOUR HEALTH

- Self-screen at home, including taking your temperature and checking your symptoms using CDC guidelines (next slide).
 - *More about self-screening in Training Module 4.*
- It is important that you not come to work if you have a frequent cough, fever, difficulty breathing, chills, muscle pain, headache, sore throat, recent loss of taste or smell, or if they or someone they live with have been diagnosed with COVID-19.

WATCH FOR SYMPTOMS

- People with COVID-19 have had a wide range of symptoms reported – ranging from mild symptoms to severe illness.
- Symptoms may appear **2-14 days after exposure to the virus.**
- People with these symptoms may have COVID-19 
- This list does not include all possible symptoms. CDC will continue to update this list as we learn more about COVID-19.

POTENTIAL SYMPTOMS

Fever or chills	New loss of taste or smell
Cough	Sore throat
Shortness of breath or difficulty breathing	Congestion or runny nose
Fatigue	Nausea or vomiting
Muscle or body aches	Diarrhea
Headache	

WHEN TO SEEK EMERGENCY MEDICAL ATTENTION

- Look for **emergency warning signs*** for COVID-19. If someone is showing any of these signs, **seek emergency medical care immediately**
 - Trouble breathing
 - Persistent pain or pressure in the chest
 - New confusion
 - Inability to wake or stay awake
 - Bluish lips or face
- This list is not all possible symptoms. Please call your medical provider for any other symptoms that are severe or concerning to you.
- **Call 911 or call ahead to your local emergency facility:** Notify the operator that you are seeking care for someone who has or may have COVID-19.

Notify Your Local Health Department

- Contact the local Amador County Health Department.

CONTACT INFORMATION	
Address:	10877 Conductor Blvd, Sutter Creek CA 95685
Phone:	(209) 223-6407
Fax:	(209) 223-1562
Email Us	publichealth@amadorgov.org
Business Hours:	Mon-Fri 8 AM - 5 PM, <i>closed 12:00-12:30 PM daily for lunch</i>