

Navigating the New Normal

(and most of this you
should have already
been doing!)

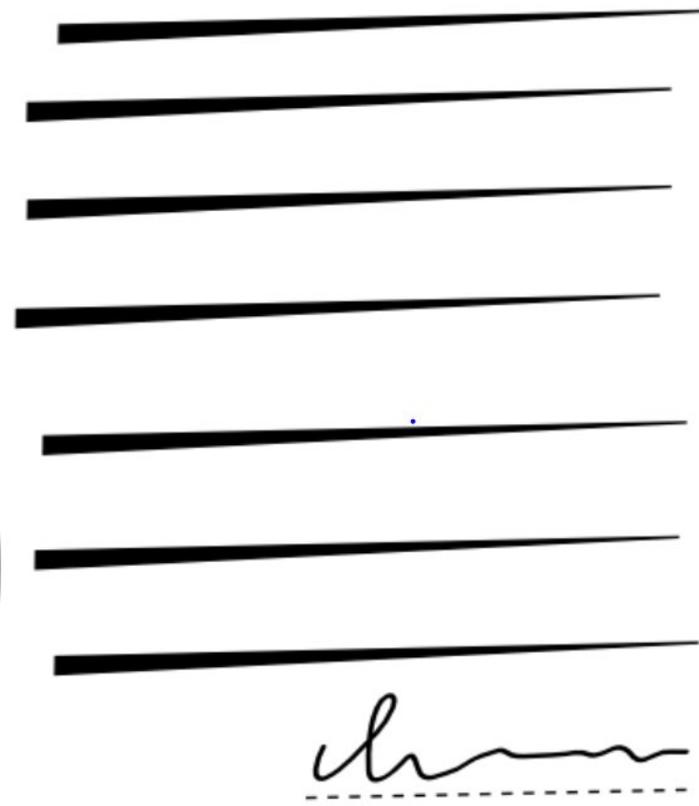
Your guide to
staying healthy...

First, don't panic!

- Reducing your exposure is the key to staying healthy
- Tips for exposure control are *strongly encouraged* (this is your personal responsibility)
- Operate as if everyone has “it” (whatever “it” is)
- Follow your doctor's recommendations (if they recommend you stay home, stay home)
- And remember...sometimes, it's not about you (help keep your co-workers, friends, family and the public healthy too)

Look for a screening station...

- Attestation that you are healthy coming in to work
- Attestation that you do not have COVID-like symptoms
- Attestation that you do not have a temperature



Wash your hands often!

- Wash your hands with warm soapy water for 20-30 seconds (say the alphabet twice or sing Happy Birthday twice)
- Palms and backs, wrists and fingernails
- If you can't get to a sink, use an alcohol-based hand sanitizer until you can

Disinfect Hard Surfaces

- Use a disinfectant formulated to kill germs, examples include:
 - Bleach
 - Isopropyl Alcohol
 - Hydrogen Peroxide
 - Virucide
 - Bactericide
- Common Name Brands include:
 - Clorox
 - Lysol
- Method of Delivery*
 - Wipes
 - Sprays
 - Concentrated Liquid
 - Aerosol

*READ Labels for proper use and mixing instructions/Check the Safety Data Sheet (SDS)

What are those hard surfaces? 15 Germy Things YOU Touch (Almost) Every.Single.Day...

1. Cellphone
2. Remote Control
3. Computer Keyboard
4. Dish Sponge
5. Toothbrush Holder
6. Just about anything in the breakroom/kitchen (refrigerator handle, microwave handle, cabinet/drawer handle, light switch...)
7. Pet Toys
8. MONEY
9. Office Coffee Cup/Water Bottle
10. Laundry
11. Purse/Bag/Backpack
12. ATM
13. Shopping Carts/Baskets
14. Soap Dispensers
15. Kitchen Towel

Proper Glove Disposal

If you are required to wear disposable gloves or plan to wear disposable gloves...

- Remember...they're called "disposable" for a reason...throw them out when you're done using them.
- Eliminating cross contamination when removing them is key!
- If you're allergic to rubber/latex, use Nitrile
- Change them frequently, they're meant to serve as a reminder to not touch your face and keep germs off your skin as much as possible
- Start by washing your hands (hand sanitizer will work too)
- Follow the next 9 picture steps
- End by washing your hands (hand sanitizer is fine too)



1.



2.



3.



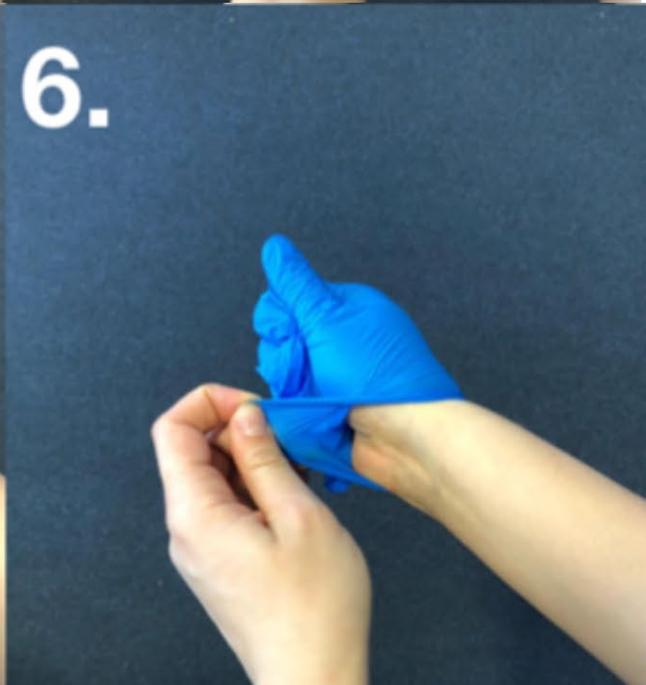
4.



5.



6.





Don't Spread, Splash or Spray Your "Personal Droplets"

- When you're sick, stay home!
- If you exhibit "flu-like" symptoms, you will be sent home (A.D. 2.01-7B)
- If you have to sneeze or cough, cover your mouth and nose
- Use a tissue when sneezing or coughing, throw it out immediately, and
- Avoid touching your eyes, nose, mouth...face in general!
- On average, we touch our faces an average of 23 times/hour (almost once every 2.5 minutes)...



Stop! How close are you?



- Help us help you! Whenever possible, practice physical distancing
- 6' (stretch both your arms out to the side, this is about 6')

Wear a face cover when around other people

- Face covers reduce the potential for disease transmission from the wearer to others
- Face covers trap large droplets (from sneezing, coughing, talking) that could contain bacteria or viruses
- Face covers provide limited protection to the wearer
- Follow recommended guidelines for use, washing and disposal



Personal Protective Equipment (PPE)

- If you are *required* to wear PPE based on your position, tasks, duties, exposures or hazards, you will be provided with it.
- PPE is your LAST line of defense, not your first!



YOUR RESPONSIBILITIES

- **Comply** with all temporary or permanent policies, regulations, guidelines, and training relating to the safety and health in the workplace. This includes seasonal illnesses and nonroutine outbreaks (global or national pandemics and local community-wide outbreaks).
- Keep your workspace(s) **clean** by conducting regular disinfecting tasks (this includes vehicles).
- **Report** any known or suspected exposure to an infectious disease to a supervisor as soon as feasibly possible and absolutely prior to leaving work for the day.

RESOURCES/Questions?

- Your Primary Healthcare Provider (PCP)
- Pima County Health Department (PCHD)
- Centers for Disease Control (CDC)
- Arizona Department of Health and Human Services (ADHS)
- Occupational Safety and Health Administration (OSHA) or A(rizona)DOSH
- Risk Management/The Safety Group (791-4728 or safety@tucsonaz.gov)
- Department Safety Liaison
- Human Resources (791-4244)
- Administrative Directive 2.03-6 - Infectious Disease Preparedness and Response