

Protecting Yourself and Preventing the Spread of COVID-19

Things You Need to Know about the Virus

- SARS-CoV-2, the virus that causes COVID-19, is predominantly spread person-to-person through respiratory droplets.
 - Every time an infected person exhales, talks, sneezes, or coughs, they release viral particles in their respiratory droplets.
 - People do not have to feel ill to be spreading viral particles.
 - Typical symptoms of COVID-19 include a persistent cough, shortness of breath or difficulty breathing, fever, chills, muscle aches, headache, sore throat, and loss of taste and smell.
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Staying Safe at Work and in the Community

- Avoid gatherings and playing sports with people outside your immediate cohort (i.e., family, housemates, work crew).
 - Limit trips to the grocery store, laundromat, and other public places.
 - Wear a cloth face covering to limit the spread of respiratory droplets.
 - Face coverings offer some protection to the wearer, but the main reason is to protect others.
 - Stay 6 feet (or 2 meters) away from others, even when wearing a cloth face covering.
 - Practice good hand hygiene by washing your hands often.
 - Proper handwashing = Wet hands with potable water, apply soap, scrub for 20 seconds, rinse hands thoroughly, and dry with a single-use clean towel. Turn off faucet and open door with towel, then dispose in garbage can.
 - Avoid touching your face, especially your eyes, nose, and mouth.
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Staying Safe in the House

- Socializing with housemates is acceptable, but do not invite others into the house, especially if they are new to the area. New people should quarantine for 14 days.
 - Clean and disinfect high touch surfaces (e.g., sinks, kitchen appliances, tables, and door knobs).
 - If possible, keep heads of beds 6 feet apart to limit the spread of the virus while sleeping.
 - Divide the room into sections with physical barriers such as sheets strung between beds.
 - Bunk beds are not recommended for sleeping arrangements; Respiratory droplets dropping from the individual in the top bunk to the individual in the lower bunk is a contamination concern.
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Staying Safe While Traveling in a Shared Vehicle

- Limit passengers in vehicles to your immediate cohort (i.e. family, housemates, work crew).
 - If it is necessary to travel with others, wear a cloth face covering while in the vehicle and sit as far away from other passengers as possible. Increase air flow by opening windows.
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What to Do If You or a Housemate Get Sick

- Limit contact with others in the house, wear a cloth face covering, and maintain a 6 foot distance.
 - Only use one bathroom.
 - Clean and disinfect common surfaces often to prevent spread from surfaces.
 - If possible, sleep in a separate room from others.
 - If the ill person has been going to work, they should notify their supervisor. Then, the supervisor can assess the risk of other employees having had contact with the ill person.
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Visit instituteforfoodsafety.cornell.edu/coronavirus-covid-19 for more information. Document updated on September 4, 2020.

