

COVID-19: Protecting Yourself and Others

What are the symptoms of COVID-19?

Patients with COVID-19 have experienced mild to severe respiratory illness. Reported symptoms include:



Fever



Cough



Shortness of Breath



Night Sweats

How does COVID-19 spread?

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 or inhaled into the lungs of people who are nearby.
- Some studies suggest COVID-19 may be spread by people who show no symptoms.

PROTECTING YOURSELF AND OTHERS

Below are some tips from the CDC, the WHO and OSHA to help protect yourself and employees from COVID-19. MHI has created a flyer that can be posted in your facilities titled “COVID-19 Infection Prevention Tips.” MHI also encourages you to visit the CDC, the WHO and OSHA websites under the “Helpful Resources” section, where you will find the latest and most updated guidance.

Clean 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 to disinfect your hands.

Avoid touching your eyes, nose, and mouth with unwashed hands.

HELPFUL RESOURCES



[Cleaning and Disinfecting Your Facility](#)

[Cleaning and Disinfection for Community Facilities](#)

[Preparing Your Business and Employees for the Effects of COVID-19](#)

[CDC Fact Sheets about COVID-19 for Distribution/Posting](#)



World Health Organization

[Getting Your Workplace Ready for COVID-19](#)

[Basic Protective Measures Against the New Coronavirus \(Download Materials\)](#)



[Guidance on Preparing Workplaces for COVID-19](#)

[Control and Prevention](#)

Cover your mouth when you cough or sneeze

The CDC recommends that people always wear a cloth face covering to cover their nose and mouth in any community setting.

When you cough or sneeze, always cover your mouth and nose with a facial tissue or use the inside of your elbow.

Throw used tissues or anything used on your face, such as napkins and paper towels, in the trash, and immediately wash your hands with soap and water for at least 20 seconds.

Remember, if soap and water are not readily available, disinfect your hands with a hand sanitizer that contains at least 60% alcohol.

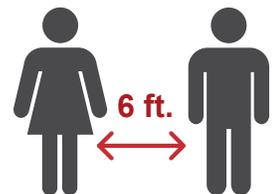


Avoid close contact with other people

Stay home as much as possible, even if you are not sick.

Put distance between yourself and other people:

- Remember, some people without symptoms may be able to spread COVID-19.
- Keeping distance is especially important for people who are at higher risk of getting sick (e.g., the elderly or people with preexisting conditions).



Avoid contact with people who are sick.

If you are sick, stay home.