10 STEPS TO PREVENTING CORONAVIRUS (COVID-19)

Attention Janitors:

We know Janitors are crucial in keeping office buildings, hospitals, schools, libraries, businesses & more clean & hygienic each & every day.

As you may have heard, a new coronavirus, COVID-19, has been identified as the cause of a cluster of severe pneumonia cases that emerged in Wuhan, Hubei Province, China in December 2019. Since then, the virus has spread to several other countries, including the U.S.

Let's make sure we STAND WITH OUR CO-WORKERS & COMMUNITIES & stop any forms of targeting people of Asian descent. The coronavirus has the potential to affect all communities, regardless of race or ethnic background. Let's make sure we are supporting one another.

Stay Calm
Think carefully about how you can help your fellow janitors, your community & loved ones.

Stay at Home if You are Sick
Unions are fighting so ALL folks have paid sick days. If you can stay at home when you are sick, do so.

If you believe you were exposed to the Coronavirus
or have a fever, cough, or shortness of breath, call your healthcare provider immediately.

Cover Nose & Mouth When Sneezing
Make sure you use tissues & throw them away in a LINED trash bin.

Avoid Sharing Household Items
This applies to cups, eating utensils, bedding & towels.

Disinfect Objects & Surfaces in Home & Work
Use an alcohol-based sanitizer that contains at least 60% alcohol.

Sleep Well
Your immune system is working best if you are well-rested.

Wash Your Hands. A Lot.
Use soap & water for at least 20-SECONDS & wash often.

Avoid Touching Your Eyes, Nose & Mouth
This helps reduce the chances of you getting sick.

Get a Flu Shot
It's still flu season so it's best to stay at full health!

For more information, follow the CDC on Facebook & Twitter @CDC or at CDC.gov.

Source: cdc.gov/coronavirus/2019-ncov/downloads/what-you-should-do.pdf