VOLUNTEERS RETURNING TO A SAFE WORK ENVIROMENT AFTER COVID

STOP THE SPREAD OF GERMS AT WORK

COVER YOUR MOUTH AND NOSE WHEN YOU SNEEZE OR COUGH.
Cough or sneeze into a tissue and then throw it away; use your arm or sleeve to cover if you do not have a tissue.

CLEAN YOUR HANDS OFTEN.
Wash your hands with soap and water, vigorously rubbing together front and back for 20 seconds. Or use alcohol-based hand sanitizers, rubbing hands until they are dry.

CLEAN SHARED SURFACES AND EQUIPMENT OFTEN.
Use disinfectants to clean commonly touched items such as doorknobs, faucet handles, copy machines, coffee pot handles, desktops, handrails, microwave buttons, keyboards, and elevator buttons. Germs travel fast with multiple hands touching shared surfaces.

AVOID TOUCHING YOUR EYES, NOSE OR MOUTH.
Germs need an entry point, and the average adult touches his or her face once every three or four minutes. Keep hand sanitizer at your desk to use after meetings or before grabbing one of those doughnuts from the breakroom.

STAY HOME WHEN YOU ARE SICK AND CHECK WITH A HEALTH CARE PROVIDER WHEN NEEDED.
When you are sick or have flu symptoms, stay home, get plenty of rest and check with a health care provider as needed.

How To Properly Wash Your Hands

1. **Wet** your hands with clean, running water (warm or cold), turn off the tap, and apply soap.

2. **Lather** your hands by rubbing them together with the soap. Be sure to lather the backs of your hands, between your fingers, and under your nails.

3. **Scrub** your hands for at least 20 seconds. Need a timer? Hum the "Happy Birthday" song from beginning to end twice.

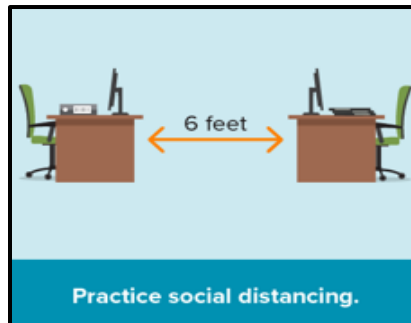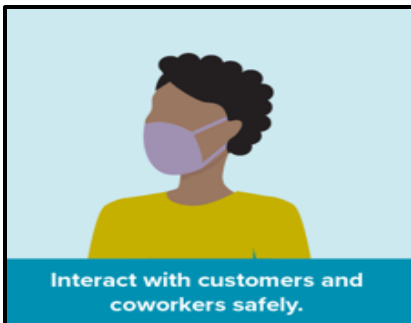**4.** **Rinse** hands well under clean, running water.

5. **Dry** hands using a clean towel or air dry them.

COVID-19
CORONAVIRUS DISEASE 2019

TEXAS
Health and Human Services | Texas Department of State Health Services

For updates and more information, visit dshs.texas.gov/coronavirus

Interact with customers and coworkers safely.

6 feet

Practice social distancing.

Disinfectant Wipes

Disinfect your workspace. Don't share items.

- You must wear your own mask as you enter the facility and go directly to your work area. In your work area, you must wear a mask provided by CRH for the entirety of your volunteer shift. You must leave the mask provided by CRH in your work area, and wear your own mask as you leave the facility.

- Follow "6 Feet Away" Social Distancing

- Disinfect your workspace regularly and do not share items with co-workers or patients. Disinfecting wipes are preferred if available. If you do not have disinfecting wipes, contact the Volunteer Services office at 5808 for an alternative disinfectant and instructions for use. If you are using a disinfectant spray, you must wear eye protection while spraying.