

## **Guidelines for Community Safety to Prevent Exposure to COVID-19**

It is important to us that we take all necessary steps to reduce risk of exposure. There are ways that we can minimize risk while being in the community.

Please review this and also find a community preparedness checklist to ensure all important areas are addressed.

[Slow the spread of Disease Video](#)

### **Before You Go Out**

Ensure that you have a plan of where you are going and how you are going to travel that is the safest route. Have you called ahead to determine if locations are open for business. Do you have supplies such as hand sanitizer, napkins/disinfectant wipes, masks etc. for yourself and the individual supported.

In addition to preparing yourself and the individual with supplies and a plan, talk to the individual and help to prepare them for what to expect ex. long lines, need to leave if crowded). Educate the individual on the appropriate safeguards that they will also need to follow.

### **Hand Washing**

Staff and individuals supported should vigorously wash hands any time possible for at least 20 seconds (sing Happy Birthday twice). When washing hands, use warm water and soap. Use hand sanitizer if unable to wash hands (while out in the community) especially after touching surfaces that are frequently touched. When interacting with door handles, hand rails – use a tissue to hold the handle, then dispose or disinfect hands immediately after touching the surface.

### **Stay Home When Sick**

Staff and individuals supported with symptoms should stay home. Any coughing or sneezing should be done into the elbow or into a tissue and discard in closed container. Limit touching of eyes, nose and mouth with unwashed hands. Review symptoms at all times and contact supervisor if sick. Follow specific quarantine guidelines if exposed to someone who has tested positive for COVID-19.

## **Face Coverings**

Staff and individuals supported should wear face coverings when in the community to reduce risk and also when in places where there are a number of people in less than 6 feet proximity. Face coverings include cloth masks, scarves, surgical masks, or N95 masks. Take care of masks if reusing (visit our website for info on how to take care of masks). Use the mask appropriately (cover both nose and mouth as securely as possible).

[CFS Website COVID 19](#) Our website also lists links to CDC and OPWDD COVID sites.

## **Social Distancing**

Maintain physical distance between you and others when in community settings. It is recommended to avoid groups and to stay at least 6 feet away from others. Avoid others who are showing signs and symptoms (coughing or fever). Avoid close contact such as shaking hands, hugging and kissing. When waiting on a line for shopping, stay 6 ft away or leave the site if they are not maintaining safety practices.

A good visual example of appropriate social distance is two people standing next to one another with arms outstretched. So, if two adults with their arms outstretched can't fit between you and the next person on the line- that's an indicator to move further away (if possible) or to leave (if further distancing cannot be accomplished).

### [Maintain Distance Between You and Others Clip](#)

Here are a few questions to review the risk of exposure while in community settings:

- 1) Consider how many people are present and their proximity to one another. If there are too many people to keep good social distance, leave.
- 2) Consider ability to wash hands or sanitize hands. If there is a need to touch surfaces, and you do not have the ability to wash or sanitize hands, leave.
- 3) Are people wearing masks and/or gloves if necessary. If people are in close proximity and not wearing appropriate face coverings, leave.

## **Cleaning Surfaces**

Clean surfaces at home and in community settings, such as countertops. Use soap and water, a bleach and water solution or EPA approved household product to clean surfaces. You can also make your own cleanser with a mixture of 1 cup of liquid unscented chlorine bleach in 5 gallons of water.

## **Transportation**

Be mindful of social distancing on public transportation. Assess if you are able to be 6 ft away and if not wait for next train. Be mindful of touching surfaces and cleaning hands afterwards. If staff are taking many sources of public transportation, consider bring a change of clothes to decrease chance of exposure.

If driving, wipe down the frequently touched surfaces before and after use of the vehicle. This would include steering wheel, door handles, radio, window buttons etc. When driving consider limiting the amount of people together in a vehicle to those who live together, limit ridesharing when possible.

## **Returning home**

When returning home from being out in the community it is suggested to do the following:

- 1) Remove shoes.
- 2) Determine if changing clothes would be a good idea, especially if riding public transportation.
- 3) Wash hands with warm soap and water for 20 seconds.
- 4) Clean or sanitize frequently touched items such as cell phone, keys, purse/wallet and face masks/coverings.
- 5) If you have been at a location that has increases your risk of exposure such as doctor's office or hospital, consider removing clothes, bagging and washing them and showering when you get home.

# Cloth Face Covering Do's & Don'ts:

## DO:



- ✓ Make sure you can breathe through it
- ✓ Wear it whenever going out in public
- ✓ Make sure it covers your nose and mouth
- ✓ Wash after using

## DON'T:

- ✗ Use on children under age 2
- ✗ Use surgical masks or other personal protective equipment (PPE) intended for healthcare workers



[cdc.gov/coronavirus](https://cdc.gov/coronavirus)

# PREVENT COVID-19 DURING TRAVEL



If you travel, take these steps:



Keep Distance &  
Wear Cloth Face Cover



Wash Hands



Or Use Hand Sanitizer

[cdc.gov/coronavirus](https://www.cdc.gov/coronavirus)

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## **Be Safe When Going Out Checklist –**

### **What you should bring with you.**

- Hand Sanitizer
- Paper Towels or Napkin or Antiseptic wipes
- Mask

### **What you should do at all times when out.**

- Maintain social distance (6ft apart from others)
- Wear mask or face covering
- Wash hands regularly especially after touching surfaces

### **What you do when you come home.**

- Wash hand
- Sanitize items such as phone/keys