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# "For Safety's Sake - Do Something"

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## Coronavirus - How to Protect Yourself and Others (Part 2 of 3)

As COVID-19 continues to spread throughout the country, it is important to take additional precautions to help protect yourself, family, and the local community. Even if you are considered low risk according to the CDC, it's important to be cognizant of the effects that this virus may have on individuals who are considered high risk by the CDC. It is imperative that we all do our part to avoid further spreading of the virus.

### Steps to Protect Yourself and Your Family

- 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, utilize hand sanitizer that contains at least 60% alcohol. Cover all surfaces of your hands and rub them together until they feel dry.
- Avoid touching your eyes, nose, and mouth with unwashed hands. Statistics show individuals tend to touch their face up to 90 times a day.
- Avoid close contact with people who are sick.
- Put a distance between yourself and other people if COVID-19 is spreading in your community. This is especially important for people who are at higher risk of getting sick.
- Clean and disinfect frequently touched surfaces daily. This includes tables, doorknobs, light switches, countertops, handles, desks, phones, keyboards, toilets, faucets, and sinks.
- Avoid public places as much as possible.

### Steps to Protect Others

- Stay home if you are sick, except to get medical care.
- Separate yourself from other people and animals in your home.
- Call ahead before visiting your doctor.
- Wear a facemask if you are sick.
- Clean all "high-touch" surfaces every day.
- Cover coughs and sneezes with a tissue or the inside of your elbow. Immediately wash your hands with soap and water for at least 20 seconds.
- Avoid sharing personal household items.
- Monitor your symptoms.

States Reporting Cases of COVID-19 to CDC\*

