

POWER UP YOUR PROTECTION



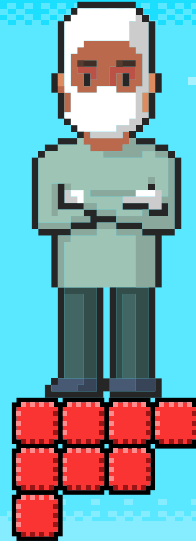
AT THE FOREFRONT
**UChicago
Medicine**

BUILD SAFETY AGAINST COVID-19 BY LEVELING UP YOUR INTERVENTIONS

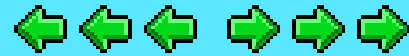
The best way to prevent illness is to avoid being exposed to the virus. Anyone can have COVID-19, even those who feel completely fine. You could be contagious right now! Act like everyone outside of your “quarantine family” has COVID-19 and take precautions.

LEVEL ONE – DISTANCING

- Work rooms and break rooms are often small or underventilated. Workers may overestimate how many people can be in them.
- Lunch is the riskiest time of the work day because you have to remove your mask. Eating alone is the safest option. Consider eating outside.
- Follow occupancy recommendations and work at least 6 feet apart.



AT LEAST 6 FEET APART



HOW FAR IS 6 FEET?

If both people can stretch their arms out and their fingers still don't touch, it's about 6 feet.



KEEP NOSE AND MOUTH COVERED

- Wear a mask when in a building that isn't your home and anytime you are going to be within 6 feet of someone outside.

LEVEL TWO – MASKING

- COVID-19 is mostly droplet spread and can get into a susceptible person's mouth, nose or eyes. Some smaller droplets called aerosols can stay in the air for a longer time and spread farther than 6 feet.

MASKS ARE A DOUBLE WIN

They hold in respiratory droplets so there are fewer in the air. And they help filter any virus that might be in the air.

Some masks are better than others at filtering out the virus. Use the right mask for the right scenario.

LEVEL THREE – EYE PROTECTION

GLASSES ALONE ARE NOT ENOUGH

- If those around you don't have a mask on, their respiratory droplets could get into your eyes.
- Use goggles or, better yet, a face shield that can protect your mask from contamination as well.
- If you can't wear a mask for a medical reason, wear a face shield.
- Clean your shield right away so you don't contaminate where you store it.



BONUS LEVEL

Other safety measures:

- Practice good hand hygiene.
- Clean shared surfaces before and after using them.
- Stay home if you have any symptoms of COVID-19.
- Inform work about outside exposures.