

BEST OPERATING PRACTICES (COVID-19)

The best way to prevent illness is to avoid being exposed to this virus.

HOW TO PROTECT OURSELVES

- **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.
- **Avoid touching your eyes, nose, and mouth** with unwashed hands
- **Avoid close contact** with people who are sick
- **SOCIAL DISTANCING** – Maintain a **6-10 foot 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 very sick](#).

TAKE STEPS TO PROTECT OTHERS

Cover coughs and sneezes

- **Cover your mouth and nose** with a tissue when you cough or sneeze or use the inside of your elbow.
- **Throw used tissues** in the trash.
- Immediately **wash your hands** with soap and water for at least 20 seconds. If soap and water are not readily available, clean your hands with a hand sanitizer that contains at least 60% alcohol.

Wear a facemask – Anaheim is asking for all to wear them.

- **If you are NOT sick:** Please wear a cloth (washable) or surgical mask. Anaheim and other cities recommending / requiring them for use out in public. N95 Facemasks may be in short supply and they should be saved for caregivers.
- **If you are sick: STAY HOME AND TAKE CARE OF YOURSELF.** You should wear a facemask when you are around other people (e.g., sharing a room or vehicle) and before you enter a healthcare provider's office. If you are not able to wear a facemask (for example, because it causes trouble breathing), then you should do your best to cover your coughs and sneezes, and people who are caring for you should wear a facemask if they enter your room. [Learn what to do if you are sick](#).

CLEAN AND DISINFECT

- **Clean AND disinfect [frequently touched surfaces](#) daily.** This includes tables, doorknobs, light switches, countertops, handles, desks, phones, keyboards, toilets, faucets, and sinks.
- **If surfaces are dirty, clean them:** Use detergent or soap and water prior to disinfection.

To disinfect:

Most common EPA-registered household disinfectants will work. Use disinfectants appropriate for the surface.

Options include:

- **Diluting your household bleach.**

To make a bleach solution, mix:

- 5 tablespoons (1/3rd cup) bleach per gallon of water
OR
- 4 teaspoons bleach per quart of water

Follow manufacturer's instructions for application and proper ventilation. Check to ensure the product is not past its expiration date. Never mix household bleach with ammonia or any other cleanser. Unexpired household bleach will be effective against coronaviruses when properly diluted.

- **Alcohol solutions.**

Ensure solution has at least 70% alcohol.

- **Other common EPA-registered household disinfectants.**

Products with [EPA-approved emerging viral pathogens pdf icon\[7 pages\]external icon](#) claims are expected to be effective against COVID-19 based on data for harder to kill viruses. Follow the manufacturer's instructions for all cleaning and disinfection products (e.g., concentration, application method and contact time, etc.).

OUTDOOR GUIDELINES

- Medical experts say fresh air and exercise are important for physical and mental health but advise Americans to use caution.
- They recommend only doing outdoor activities with the people in your household and staying six feet away from neighbors or others in public areas.
- According to the order, for any social gatherings deemed "essential," the organizers and participants need to ensure social distancing of six feet per person for non-family members is maintained. Limiting the number of people in attendance as well as providing access to restrooms and handwashing stations are required.

ADDITIONAL GUIDELINES/PRECAUTIONS:

- Listen to and follow the directions of your STATE AND LOCAL AUTHORITIES.
- **IF SOMEONE IN YOUR HOUSEHOLD HAS TESTED POSITIVE** for the coronavirus, keep the entire household at home. Do not go to work. Do not go to school. Contact your medical provider.
- IF YOU ARE AN OLDER PERSON, stay home and away from other people.
- IF YOU ARE A PERSON WITH A SERIOUS UNDERLYING HEALTH CONDITION that can put you at increased risk (for example, a condition that impairs your lung or heart function or weakens your immune system, and/or Diabetes), stay home and away from other people.

DO YOUR PART TO SLOW THE SPREAD OF THE CORONAVIRUS

Even if you are young, or otherwise healthy, you are at risk and your activities can increase the risk for others. It is critical that you do your part to slow the spread of the coronavirus.

- Work or engage in schooling FROM HOME whenever possible
- IF YOU WORK IN A CRITICAL INFRASTRUCTURE INDUSTRY, as defined by the Department of Homeland Security, such as healthcare services and pharmaceutical and food supply, you have a special responsibility to maintain your normal work schedule. You and your employers should follow CDC guidance to protect your health at work.
- DO NOT VISIT nursing homes or retirement or long-term care facilities unless to provide critical assistance.