Coronavirus Prevention Guidelines

As a human and social services organization, it’s important that staff follow the appropriate health and safety precautions, in order to keep both staff and the people we serve healthy.

WE URGE ALL STAFF TO FOLLOW THE PREVENTION GUIDELINES BELOW:

- Get a flu Shot – it is not too late.
- Wash your hands frequently with soap & hot water for at least 20 seconds, scrubbing in between fingers and nails. Dry hands thoroughly.
- If soap and water are not readily available, use an alcohol-based hand sanitizer with at least 60% alcohol (let it dry, don’t wipe off).
- Cover your mouth and nose while coughing or sneezing with a tissue, then throw the tissue in the trash. If there is no tissue on hand, cough or sneeze into the crux of your arm (elbow).
- Avoid shaking hands. (elbow bump instead)
- Avoid close contact with people who are sick.
- Avoid touching your eyes, nose, or mouth with unwashed hands.
- Clean and disinfect frequently touched objects and surfaces using a regular household cleaning spray or wipe.
- Practice good health habits — get plenty of rest; eat well-balanced meals.
- If you are sick, exhibiting any signs of respiratory illness or fever, stay at home. Do not attend programs or go to work
- If you have been potentially exposed to the virus, or have visited any of the CDC website’s Level 3 Travel Health Notice countries, please do not enter Humanim facilities for at least 14 days.

Source: The Centers for Disease Control (CDC) and the Maryland Department of Health
For more information, visit: https://www.cdc.gov/coronavirus/2019-ncov/index.html