

## **COVID-19 Resources**

The following links provide up-to-date posters and recommendations on preventing and responding to COVID-19. Included in this packet are PDFs cities may find useful for their facility. Always check the website for the most up-to-date information.

### **CDC Resources**

CDC Coronavirus Website: <https://www.cdc.gov/coronavirus/2019-ncov/index.html>

Symptoms of Coronavirus: <https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html>

General handwashing materials for families: <https://www.cdc.gov/handwashing/materials.html>

Cloth Face Coverings: <https://www.cdc.gov/coronavirus/2019-ncov/downloads/cloth-face-coverings-information.pdf>

Cleaning and Disinfection for Community Facilities: <https://www.cdc.gov/coronavirus/2019-ncov/community/organizations/cleaning-disinfection.html>

EPA Safe and Effective Disinfectant Use: <https://www.epa.gov/sites/production/files/2020-04/documents/disinfectants-onepager.pdf>

### **Kentucky Healthy At Work**

Healthy At Work Website: <https://govstatus.egov.com/ky-healthy-at-work>

Compliance sign: [https://govsite-assets.s3.amazonaws.com/oXZxvdnsQyh5DbIUv5tZ\\_Healthy%20at%20Work%20signage%20v2.0.pdf](https://govsite-assets.s3.amazonaws.com/oXZxvdnsQyh5DbIUv5tZ_Healthy%20at%20Work%20signage%20v2.0.pdf)

Do Not Enter Sign: <https://chfs.ky.gov/agencies/dph/covid19/donotentersign.pdf>

# Stop the Spread of Germs

Help prevent the spread of respiratory diseases like COVID-19.



**Stay at least 6 feet  
(about 2 arms' length)  
from other people.**



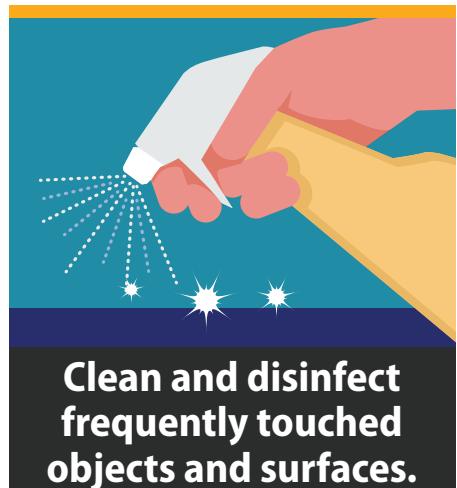
**Cover your cough or sneeze with a  
tissue, then throw the tissue in the  
trash and wash your hands.**



**When in public, wear a  
cloth face covering over  
your nose and mouth.**



**Do not touch your  
eyes, nose, and mouth.**



**Clean and disinfect  
frequently touched  
objects and surfaces.**



**Stay home when you are sick,  
except to get medical care.**



**Wash your hands often with soap  
and water for at least 20 seconds.**

# Symptoms of Coronavirus (COVID-19)

Your symptoms can include the following:

Fever



Cough



Shortness  
of breath



If you have COVID-19, you may have mild (or no symptoms) to severe illness.

Symptoms can appear 2-14 days after you are exposed to the virus that causes COVID-19.

Look for **emergency warning signs\*** for COVID-19. If someone is showing any of these signs, **seek emergency medical care immediately**

- Trouble breathing
- Persistent pain or pressure in the chest
- New confusion
- Inability to wake or stay awake
- Bluish lips or face

\* This list is not all possible symptoms. Please call your medical provider for any other symptoms that are severe or concerning to you.

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



# Important Information About Your Cloth Face Coverings

As COVID-19 continues to spread within the United States, CDC has recommended additional measures to prevent the spread of SARS-CoV-2, the virus that causes COVID-19. In the context of community transmission, CDC recommends that you:



**Stay at home as much as possible**



**Practice social distancing (remaining at least 6 feet away from others)**



**Clean your hands often**



**In addition, CDC also recommends that everyone wear cloth face coverings when leaving their homes, regardless of whether they have fever or symptoms of COVID-19. This is because of evidence that people with COVID-19 can spread the disease, even when they don't have any symptoms.** Cloth face coverings should not be placed on young children under age 2, anyone who has trouble breathing, or is unconscious, incapacitated, or otherwise unable to remove the mask without assistance.

## How cloth face coverings work

Cloth face coverings prevent the person wearing the mask from spreading respiratory droplets when talking, sneezing, or coughing. If everyone wears a cloth face covering when out in public, such as going to the grocery store, the risk of exposure to SARS-CoV-2 can be reduced for the community. Since people can spread the virus before symptoms start, or even if people never have symptoms, wearing a cloth face covering can protect others around you. Face coverings worn by others protect you from getting the virus from people carrying the virus.



## How cloth face coverings are different from other types of masks

Cloth face coverings are NOT the same as the medical facemasks, surgical masks, or respirators (such as N95 respirators) worn by healthcare personnel, first responders, and workers in other industries. These masks and respirators are personal protective equipment (PPE). Medical PPE should be used by healthcare personnel and first responders for their protection. Healthcare personnel and first responders should not wear cloth face coverings instead of PPE when respirators or facemasks are indicated.



N95 respirator

Cloth covering

## General considerations for the use of cloth face coverings

When using a cloth face covering, make sure:

- The mouth and nose are fully covered
- The covering fits snugly against the sides of the face so there are no gaps
- You do not have any difficulty breathing while wearing the cloth face covering
- The cloth face covering can be tied or otherwise secured to prevent slipping



Avoid touching your face as much as possible. Keep the covering clean. Clean hands with soap and water or alcohol-based hand sanitizer immediately, before putting on, after touching or adjusting, and after removing the cloth face covering. Don't share it with anyone else unless it's washed and dried first. You should be the only person handling your covering. Laundry instructions will depend on the cloth used to make the face covering. In general, cloth face coverings should be washed regularly (e.g., daily and whenever soiled) using water and a mild detergent, dried completely in a hot dryer, and stored in a clean container or bag.

For more information, go to: <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/cloth-face-cover-faq.html>



**cdc.gov/coronavirus**

# 6 Steps for Safe & Effective Disinfectant Use



## Step 1: Check that your product is EPA-approved

Find the EPA registration number on the product. Then, check to see if it is on EPA's list of approved disinfectants at: [epa.gov/listn](http://epa.gov/listn)



## Step 2: Read the directions

Follow the product's directions. Check "use sites" and "surface types" to see where you can use the product. Read the "precautionary statements."

## Step 3: Pre-clean the surface

Make sure to wash the surface with soap and water if the directions mention pre-cleaning or if the surface is visibly dirty.



## Step 4: Follow the contact time

You can find the contact time in the directions. The surface should remain wet the whole time to ensure the product is effective.

## Step 5: Wear gloves and wash your hands

For disposable gloves, discard them after each cleaning. For reusable gloves, dedicate a pair to disinfecting COVID-19. Wash your hands after removing the gloves.



## Step 6: Lock it up

Keep lids tightly closed and store out of reach of children.

# HEALTHY AT WORK

[HealthyatWork.Ky.Gov](http://HealthyatWork.Ky.Gov)



Please help us all stay healthy at work by practicing the following:



- **DO NOT ENTER** THE PREMISES IF YOU HAVE FELT SICK IN THE LAST 24 HOURS
- **REMAIN SIX (6) FEET APART** WHENEVER POSSIBLE
- **WEAR A CLOTH MASK** WHENEVER YOU'RE AROUND OTHERS, IF IT IS SAFE TO DO SO
- **WASH HANDS** AND USE HAND SANITIZER FREQUENTLY
- **DO NOT GATHER** IN COMMON AREAS
- **CHECK YOUR TEMPERATURE** AND FOR ANY COVID-19 SYMPTOMS DAILY AND GET TESTED IF YOU HAVE ANY SYMPTOMS
- REPORT ANY COMPLIANCE CONCERNs TO THE HEALTHY AT WORK OFFICER OR **(833) KYSAFER**



# SALUDABLE EN EL TRABAJO

[HealthyatWork.Ky.Gov](http://HealthyatWork.Ky.Gov)

**Por favor ayúdenos a permanecer  
saludables en el trabajo  
practicando lo siguiente:**

- **NO ENTRE A LOS LOCALES SI SE HA SENTIDO ENFERMO EN LAS ÚLTIMAS 24 HORAS**
- **MANTENGA SEIS PIES (DOS METROS) DE DISTANCIA DE LOS DEMÁS CUANDO SEA POSIBLE**
- **USE UNA MÁSCARA DE TELA** CUANDO ESTÉ CERCA DE LOS DEMÁS SI ES SEGURO HACERLO
- **LÁVESE LAS MANOS** Y USE DESINFECTANTE PARA MANOS FRECUENTEMENTE
- **NO SE CONGREGUE** EN ÁREAS COMUNES
- **CHEQUÉESE LA TEMPERATURA** Y CUALQUIER SÍNTOMA DIARIAMENTE Y HÁGASE LA PRUEBA SI TIENE CUALQUIER SÍNTOMA
- INFORME CUALQUIER PREOCUPACIÓN SOBRE EL CUMPLIMIENTO DE LAS MEDIDAS AL OFICIAL DE "SALUDABLE EN EL TRABAJO" O LLAME AL **(833) KYSAFER**



# Do you feel sick?



If you are sick or have been in  
the last 24 hours,  
please **DO NOT ENTER.**

**To prevent the spread of germs:**

- Wash your hands often with soap and water.
- Avoid touching your eyes, nose, and mouth.
- Cover your mouth when you cough or sneeze.
- Avoid close contact with sick people.
- Clean and disinfect frequently touched objects and surfaces.
- Stay home when you are sick.

# ¿Se siente enfermo?



Si está o ha estado enfermo  
en las últimas 24 horas,  
por favor **NO ENTRE.**

## Para prevenir la propagación de gérmenes:

- Lávese las manos frecuentemente con agua y jabón.
- Evite tocarse los ojos, la nariz y la boca.
- Cúbrase la boca cuando tosa o estornude.
- Evite el contacto cercano con las personas enfermas.
- Limpie y desinfecte los objetos y las superficies que se tocan frecuentemente.
- Quédese en casa cuando esté enfermo.

