



Exposure Prevention Plan

If you are not feeling 100% well, please wait at least three **symptom free** days before joining us. Let us know if you have been diagnosed with Covid-19 or if you have been around anyone who has or has been exhibiting the symptoms.

Know the basic symptoms. **You will be sent home if you exhibit any of the symptoms.** Workers must familiarize themselves with the symptoms of COVID-19:

- **Coughing**
- **Fever**
- **Shortness of breath, difficulty breathing**
- **Early symptoms such as chills, body aches, sore throat, headache, diarrhea, nausea/vomiting, and runny nose**

OSHA and the CDC have provided the following control and preventive guidance to all workers, regardless of exposure risk:

- **Frequently wash your hands with soap and water for at least 20 seconds. When soap and running water are unavailable, use an alcohol-based hand rub with at least 60% alcohol.**
- **Avoid touching your eyes, nose, or mouth with unwashed hands.**
- **Follow appropriate respiratory etiquette, which includes covering for coughs and sneezes**
- **Additional safety items may be discussed based on the specific work that is being performed.**

Soap and water will be provided where available. Hand sanitizer will be provided. Alcohol wipes will be minimal but on site for sanitizing tools and PPE.