STAYING SAFE DURING COVID-19

It’s really hard to know how to keep yourself, your family, and your co-workers safe.

There is a lot of information out there and you may not know who to trust, but COVID-19 isn’t something you can just tough your way through.

The danger is real, but there are things you can, and should do to protect yourself and your family.

Here are some simple, but effective tips to stay safe:

WASH YOUR HANDS OFTEN

Wash with soap and water for at least 20 seconds or use a hand sanitizer that contains at least 60% alcohol, covering all surfaces of your hands and rubbing them together until they feel dry. Avoid touching your eyes, nose, and mouth.

AVOID CLOSE CONTACT

Maintain a distance of at least 6 feet from others whenever possible. People can spread the virus without showing symptoms, so it’s important to avoid close contact wherever possible, especially if you are at high risk of getting sick.
WEAR PPE

Wear a cloth face cover when you are at work or out in public, such as the grocery store or pharmacy.

The facemask will help protect others from you in case you are infected and are not yet showing symptoms.

CREATE ROUTINES

Set up a routine to regularly clean and disinfect your tools, cell phone, and vehicle.

Create a plan for when you arrive home, such as leaving shoes at the door and washing your hands before hugging your kids.

Follow the new processes set up for your worksite. This will help you feel in control and create habits to keep your family safe.

REPORT UNSAFE BEHAVIOR

Just like falls or other injuries on the job site, safety is all of our responsibility. If someone isn’t following the agreed upon protocols, tell your foremen or supervisor on the project. They will be able to enforce the rules and you won’t be put in an uncomfortable position by talking to the worker directly.

You may be worried about your family or know a coworker who has a family member at home that is at high risk. It’s up to all of us to keep the most vulnerable safe. We are in this together.

For more ways to connect, go to TellMeHowSTL.com