



SPREAD THE WORD, NOT THE VIRUS!

COVID-19 Protection at Home



By now, we all know the importance of social distancing, washing hands for 20 seconds with soap & water, & wearing a mask. The COVID-19 vaccine is now being administered but that does not mean we can stop using these important safety practices to help protect our loved ones & ourselves. We need to continue to prevent the spread of the virus while at work **AND** outside of work.

So, what about outside of work? Many JOI employees have numerous family members or roommates that they live with. How can you continue to protect yourself & them & support the fight against the COVID-19 virus? If you are the only one practicing social distancing, wearing of facemasks, etc., to help stop the spread, your housemates are not only putting themselves at risk but also you & anyone else who is around them. **We encourage you to talk to your household members to make sure everyone is doing the right things to help prevent them & others from getting ill with COVID-19.** Express your concerns with a calm tone. Approach them in a loving & concerned way & discuss practical ways to keep everyone safe.

Keep COVID-19 Out of Your Home

When you or any of your household members leave your house to run errands, or for any other reason, you have a chance of being exposed to COVID-19 & bringing it back to your home.

The chances of being exposed INCREASE when you:

- ❌ Have close contact with other people (closer than 6 feet)
- ❌ Spend more time with other people
- ❌ Spend time in crowds (more than 10 people)
- ❌ Spend time in indoor spaces, particularly if poorly ventilated



If your household includes one or more persons who are more likely to get very sick from COVID-19 (e.g., older adults or people with medical conditions), **all household members should act as if they are more likely to get very sick.**

Stop it from spreading inside your home by taking these steps to protect yourself & people in your household:

- ✓ Wear a mask in shared spaces around others.
 - If you or other household members are in close contact of other people who don't live in your household, consider wearing masks in shared spaces around others in your home.
- ✓ Stay at least 6 feet apart (2-arm lengths apart).
 - Remember that people can spread the virus even if they do not have symptoms.
- ✓ Wash your hands often with soap & water for at least 20 seconds.
 - Use hand sanitizer if soap & water are not available.
- ✓ Monitor your health daily.
 - Watch for fever, cough, shortness of breath, or other COVID-19 symptoms.
- ✓ Clean & disinfect high-touch surfaces in shared spaces (doorknobs, light switches, fridge handle, etc.)
- ✓ Do not share items such as dishes, cups, eating utensils, or towels with other people in your home.
 - Wash these items thoroughly after using them.
- ✓ Open the windows to increase airflow in the house whenever possible.

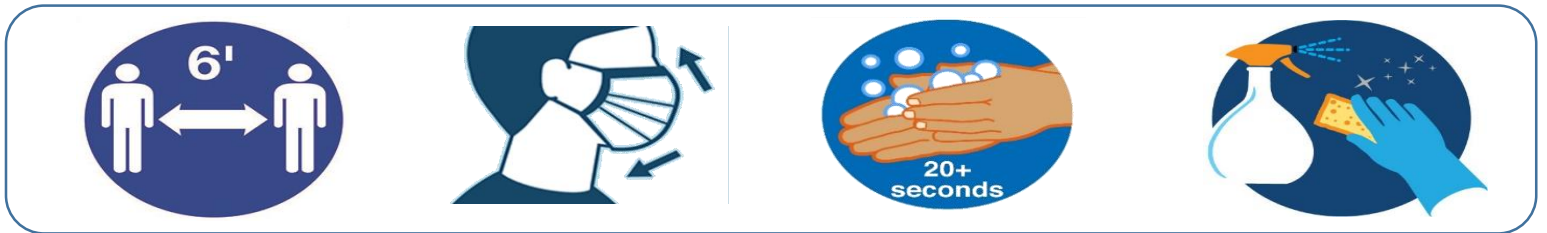




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It is very important for us to do everything we can to stay safe and healthy during this pandemic. We need to stay safe so our families can be safe. Additionally, we also need to practice safe habits so we can continue to work and provide for those we love because they need us.



You know who else relies on us to stay safe and healthy? **Our co-workers.** They need us, too. When just one person is out, it reduces the number of employees available to get the job done which puts added stress on the others that have to take on those tasks. Imagine if many people are out at once. It would place huge burden and stress on the few who are left to do the work of many. Staying safe and keeping healthy impacts more than just ourselves, so we must do our part to stay COVID-free.



Let's *Do This* Together!

TEST YOUR & YOUR HOUSEHOLD MEMBERS' KNOWLEDGE!

- | | | |
|---|---|---|
| 1. When someone in my household is sick, I should wear a mask. | T | F |
| 2. I should open my windows to increase the airflow. | T | F |
| 3. It is ok to share dishes, cups, utensils, and other items. | T | F |
| 4. I don't need to sanitize high-touch surfaces at home as I do at work. | T | F |
| 5. As long as I am following safety precautions to protect against COVID-19, it doesn't matter if my family members do. | T | F |
| 6. My co-workers depend on me to stay healthy, too. | T | F |
| 7. Absences puts extra stress and burden on those left to do the work. | T | F |

Name: _____ Worksite: _____

Thank you **JOI Essential Workers**

We appreciate you!