



NSC ~ SAWHORSE ADVISORY – May, 2020

The management of NSC is pleased to offer this SAWHORSE ADVISORY. This is part of our continuing effort to ensure that our workforce remains as safe as humanly possible, both on and off the NSC worksite

We wish you and your families a safe and happy Memorial Day!

Tips for keeping corona virus out of your home

Make a game plan

- Designate one person to be your errand-runner to limit your outside exposures
- Set up a disinfecting station — an area outside your home or in a room with low foot traffic where you can disinfect packaged food

When you're out

- Avoid coming within less than six feet of others
- Wipe handles on carts or baskets while shopping
- Some states mandate you wear a mask when you go into a business. Also, wash your hands frequently while you're out and avoid touching your face

When you get back

- Wash your hands with soap and water for 20 seconds
- Disinfect takeout boxes and packaged foods at your disinfecting station
- Thoroughly wash produce before putting it in your kitchen

Disinfect

- Disinfect everything you touch — doorknobs, light switches, keys, phone, keyboards, remotes, etc.
- Use [EPA-approved disinfectants](#) (these include Clorox Disinfecting Wipes and certain Lysol sprays) and leave surfaces wet for 3-5 minutes

Delivery

- Ask workers to [drop deliveries off on your doorstep](#) or in an area of your complex
- If they need you to come to the door, keep six feet of distance
- Pay and tip online when possible
- After you pick up mail from your mailbox, wash your hands

Laundry

- Wash clothes, towels and linens regularly on the warmest setting
- Disinfect your laundry hamper, too, or place a removable liner inside it
- Don't shake dirty laundry to avoid dispersing the virus in the air

Guests

- You shouldn't allow guests over right now
- If you *need* to house a family member or friend, avoid shared living spaces as much as you can
- If they need to enter shared living spaces, ask them to keep six feet of distance

If someone in your house gets sick

- First, consult your doctor
- Isolate them in another room and ask them to use a separate restroom
- Disinfect frequently touched surfaces every day
- Avoid sharing items with them
- Wear gloves when washing their laundry
- Continue to wash your hands frequently
- Ask them to wear a face mask if they have one

For more information please visit:

www.cdc.gov