CONSTRUCTION SITE WORKERS

Protect Yourself and Others from NOVEL CORONAVIRUS

Stay home when you’re sick. Stay home for at least at least 3 days after recovery, which means your fever has resolved without the use of fever-reducing medications and there is improvement in your respiratory symptoms (e.g., cough, shortness of breath), and at least 10 days have passed since your symptoms first appeared.

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Wash your hands often with soap and water for at least 20 seconds. If soap and water are not available, use alcohol-based hand sanitizer that contains at least 60% alcohol. Wash your hands before meals, after using the restroom and after coughing and sneezing.

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Cover your coughs and sneezes with a tissue, and then dispose of the tissue and clean your hands immediately. If you do not have a tissue, use your elbow (not your hands).

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Do not touch your mouth, eyes, nose with unwashed hands.

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Avoid contact with people who are sick.

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Avoid sharing food or drinks. Bring food and water bottles from home if possible in order to avoid busy food trucks.

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Drive to worksites or parking areas by yourself—no passengers or carpooling unless they are individuals who live in your home.

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Constantly observe your work distances in relation to other staff. Maintain the recommended minimum 6 feet separation from one another at all times.

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Disinfect frequently touched objects and surfaces such as workstations, keyboards, telephones, handrails, machines, shared tools, elevator control buttons and doorknobs.

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www.publichealth.lacounty.gov/coronavirus

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