Returning to Work
How to protect yourself and others from Covid-19

Intermountain Healthcare is committed to protecting caregivers and their families. These simple steps will help you and others as you return to work.

WASH YOUR HANDS OFTEN

- Wash your hands often with soap and water for at least 20 seconds, especially after you have been in a public place, or after blowing your nose, coughing, or sneezing.

- If soap and water are not available, use a hand sanitizer that contains at least 60% alcohol. Cover all surfaces of your hands and rub them together until they feel dry.
- Avoid touching your eyes, nose, and mouth, especially with unwashed hands.

AVOID CLOSE CONTACT

- Avoid close contact with people who are sick.
- Put 6 feet of distance between yourself and other people, even if they don't appear sick.

- Remember that some people won't have symptoms but may still be able to spread the virus.
- Keep your distance from others who are at higher risk of getting very sick.

COVER MOUTH AND NOSE WITH A FACE COVERING WHEN AROUND OTHERS

- You can spread COVID-19 to others even if you don't feel sick.
- Everyone should wear a cloth face covering when they go out in public.
- The cloth face covering is meant to protect other people in case you are infected.

- Do NOT use a face mask meant for a healthcare worker.
- Continue to keep about 6 feet between yourself and others. The cloth face covering is not a substitute for social distancing.

COVER COUGHS AND SNEEZES

- If you are in a private setting and do not have on your cloth face covering, remember to always cover your mouth and nose with a tissue when you cough or sneeze, or use the inside of your elbow.

- Throw used tissues in the trash.
- Immediately wash your hands with soap and water for 20 seconds. If soap and water are not readily available, clean your hands with a hand sanitizer that contains at least 60% alcohol.

CLEAN AND DISINFECT

- Clean AND disinfect frequently-touched surfaces daily. This includes tables, doorknobs, light switches, countertops, handles, desks, phones, keyboards, toilets, faucets, and sinks.

- When bringing a laptop from home, clean and disinfect it before using.
- If surfaces are dirty, clean them with detergent or soap and water, and then use a household disinfectant.

For more information, view the COVID-19 PPE toolkit located on Intermountain.net

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