



NY FORWARD SAFETY PLAN TEMPLATE

Each business or entity, including those that have been designated as essential under Empire State Development's Essential Business Guidance, must develop a written Safety Plan outlining how its workplace will prevent the spread of COVID-19. A business may fill out this template to fulfill the requirement, or may develop its own Safety Plan. **This plan does not need to be submitted to a state agency for approval** but must be retained on the premises of the business and must be made available to the New York State Department of Health (DOH) or local health or safety authorities in the event of an inspection.

Business owners should refer to the State's industry-specific guidance for more information on how to safely operate. For a list of regions and sectors that are authorized to re-open, as well as detailed guidance for each sector, please visit: [forward.ny.gov](https://www.forward.ny.gov). If your industry is not included in the posted guidance but your business has been operating as essential, please refer to ESD's [Essential Business Guidance](#) and adhere to the guidelines within this Safety Plan. Please continue to regularly check the New York Forward site for guidance that is applicable to your business or certain parts of your business functions, and consult the state and federal resources listed below.

COVID-19 Reopening Safety Plan

Name of Business:

Elizabeth Seton Children's Rehabilitation Center

Industry:

Diagnostic and Treatment Center

Address:

317 North Street, White Plains, NY 10605

Contact Information:

Maria A. Pici, Chief Medical Officer 914-597-4106

Owner/Manager of Business:

Elizabeth Seton Children's; Patricia Tursi, CEO, 914-294-6301

Human Resources Representative and Contact Information, if applicable:

Frances Sequiera, 914-294-6143

I. PEOPLE

A. Physical Distancing. To ensure employees comply with physical distancing requirements, you agree that you will do the following:

- Ensure 6 ft. distance between personnel, unless safety or core function of the work activity requires a shorter distance. Any time personnel are less than 6 ft. apart from one another, personnel must wear acceptable face coverings.
- Tightly confined spaces will be occupied by only one individual at a time, unless all occupants are wearing face coverings. If occupied by more than one person, will keep occupancy under 50% of maximum capacity.

- Post social distancing markers using tape or signs that denote 6 ft. of spacing in commonly used and other applicable areas on the site (e.g. clock in/out stations, health screening stations)
- Limit in-person gatherings as much as possible and use tele- or video-conferencing whenever possible. Essential in-person gatherings (e.g. meetings) should be held in open, well-ventilated spaces with appropriate social distancing among participants.
- Establish designated areas for pick-ups and deliveries, limiting contact to the extent possible.

List common situations that may not allow for 6 ft. of distance between individuals. What measures will you implement to ensure the safety of your employees in such situations?

Physician and Patient Contact – Using of mask, PPE, wash hands

Therapist and Client Contact - Using of mask, PPE, wash hands

Nurse and Client Contact - Using of mask, PPE, wash hands

How you will manage engagement with customers and visitors on these requirements (as applicable)?

- Parents have the option to do an In-Person visit or a Telehealth visit through Zoom
- We have limited access into the building allowing 1 parent/guardian per patient and no siblings unless being treated.
- Every person entering the building will have their temperature checked and recorded. The patient will be screened for any illness through visual assessment as well as through a COVID-19 Pre-visit questionnaire. Should their health be in question (cough, runny nose, fever, shortness of breath) they will be asked to leave the facility and encouraged to seek medical advice.
- Each person will be required to wear a mask before entering the building, and the duration of the visit. (Children under the age of 2 will not be required to wear a mask). If parent/guardian or patient does not have a mask, we will supply one.
- Patients will be required to sit 6 feet apart when waiting for their appointment

How you will manage industry-specific physical social distancing (e.g., shift changes, lunch breaks) (as applicable)?

Indoor staff lunch/lounge areas limited to 1-2 people. Outdoor spaces available and encouraged for use during breaks.

Portable chairs available for indoor and outdoor use.

Decals on corridor floors and in elevators to demark bidirectional traffic and define social distancing parameters.

Contactless distribution of office supplies and mail.

II. PLACES

A. Protective Equipment. To ensure employees comply with protective equipment requirements, you agree that you will do the following:

- Employers must provide employees with an acceptable face covering at no-cost to the employee and have an adequate supply of coverings in case of replacement.

What quantity of face coverings – and any other PPE – will you need to procure to ensure that you always have a sufficient supply on hand for employees and visitors? How will you procure these supplies?

5,000 masks (6 month supply) have been procured through Elizabeth Seton Children's Materials Management Department. Ample supply of gloves, face shields and disposable gowns as needed. Par levels/ inventory control maintained by Administrative Supervisor (Lanette Steed-Cooke) and Clinical Manager (Dawn Gizzo).

- Face coverings must be cleaned or replaced after use or when damaged or soiled, may not be shared, and should be properly stored or discarded.

What policy will you implement to ensure that PPE is appropriately cleaned, stored, and/or discarded?

Employees watch instructional video and review printed materials from Elizabeth Seton Children's Center and CDC. Training includes how to put on/take off/dispose of gloves, masks, face shields, and gowns.

Employees instructed to store soiled clothing in plastic bag to be taken home for laundering or option to wear disposable gowns.

Employees provided with a clean mask every day or more often if needed.

- Limit the sharing of objects and discourage touching of shared surfaces; or, when in contact with shared objects or frequently touched areas, wear gloves (trade-appropriate or medical); or, sanitize or wash hands before and after contact.

List common objects that are likely to be shared between employees. What measures will you implement to ensure the safety of your employees when using these objects?

The following objects/materials are likely to be shared by employees:

Examining tables, chairs, toys which will be disinfected after every use

Copier machine: There is a limit of 2 people in copy areas at a time; signs on social distancing posted. Hand sanitizer station in close proximity to copier machines.

Staff refrigerator: There is a limit of 2 people in the staff kitchen at a time. Employees will follow signs and floor decals to maintain social distancing when accessing the staff refrigerator. Hand sanitizer station, with sink/running water, soap and paper towels in kitchen area.

Time clocks: Hand sanitizer station in close proximity to time clocks.

Doors, doorknobs, handrails, elevator buttons, and bathrooms: Cleaned and disinfected continuously throughout the day. Cleaning person on site.

B. Hygiene and Cleaning. To ensure employees comply with hygiene and cleaning requirements, you agree that you will do the following:

- Adhere to hygiene and sanitation requirements from the [Centers for Disease Control and Prevention](#) (CDC) and [Department of Health](#) (DOH) and maintain cleaning logs on site that document date, time, and scope of cleaning.

Who will be responsible for maintaining a cleaning log? Where will the log be kept?

Clinics Environmental Services Vendor maintain a cleaning and disinfecting log and visibly posts in all restrooms. Compliance with cleaning schedule monitored by Clinical Coordinator/designee.
 Compliance with cleaning schedule monitored by Director of Rehab. /designee.
 Therapists keep log of therapy area cleaning and visibly post in every treatment area. Compliance with cleaning schedule monitored by Clinical Managers/designee.

- Provide and maintain hand hygiene stations for personnel, including handwashing with soap, water, and paper towels, or an alcohol-based hand sanitizer containing 60% or more alcohol for areas where handwashing is not feasible.

Where on the work location will you provide employees with access to the appropriate hand hygiene and/or sanitizing products and how will you promote good hand hygiene?

7 bathrooms available for staff and clients with sink/running water, soap, and paper towels.

1 ADL bathroom

1 physician bathroom located in exam room 8

3 therapy treatment rooms, each with sink/running water, soap, and paper towels.

Hand sanitizing stations visibly located inside and outside reception area, all exam rooms and treatment areas, at regular intervals in corridors, and proximal to high-touch/shared areas/equipment.

- Conduct regular cleaning and disinfection at least after every shift, daily, or more frequently as needed, and frequent cleaning and disinfection of shared objects (e.g. tools, machinery) and surfaces, as well as high transit areas, such as restrooms and common areas, must be completed.

What policies will you implement to ensure regular cleaning and disinfection of your worksite and any shared objects or materials, using products identified as effective against COVID-19?

Daily cleaning and disinfection of materials used by children in exam rooms and treatment areas each time client and personnel leave area. Cleaning and disinfecting of high-touch/high-traffic areas
 EPA approved cleaning/disinfecting products include: Medline MicroKill+, Morning Mist Neutral Disinfectant Cleaner, AirX 75 Antibacterial Heavy Duty Cleaner and Odor Counteractant. MSDS centralized in Administration Office.

Site Safety Monitor: Clinical Coordinator (Dawn Gizzo); Director of Rehabilitation (Gina Farrell);
 Administrative Supervisor (Lanette Steed-Cooke)

C. Communication. To ensure the business and its employees comply with communication requirements, you agree that you will do the following:

- Post signage throughout the site to remind personnel to adhere to proper hygiene, social distancing rules, appropriate use of PPE, and cleaning and disinfecting protocols.
- Establish a communication plan for employees, visitors, and customers with a consistent means to provide updated information.
- Maintain a continuous log of every person, including workers and visitors, who may have close contact with other individuals at the work site or area; excluding deliveries that are performed with appropriate PPE or through contactless means; excluding customers, who may be encouraged to provide contact information to be logged but are not mandated to do so.

Which employee(s) will be in charge of maintaining a log of each person that enters the site (excluding customers and deliveries that are performed with appropriate PPE or through contactless means), and where will the log be kept?

Nursing Department will maintain a log of daily health screenings and attestations for employees, children, and visitors. Log kept in the Nursing Office.
914-597-4120

- If a worker tests positive for COVID-19, employer must immediately notify state and local health departments and cooperate with contact tracing efforts, including notification of potential contacts, such as workers or visitors who had close contact with the individual, while maintaining confidentiality required by state and federal law and regulations.

If a worker tests positive for COVID-19, which employee(s) will be responsible for notifying state and local health departments?

Olivia Jackson, Director of Infection Prevention and Occupational Health
914-294-6216

III. PROCESS

A. Screening. To ensure the business and its employees comply with protective equipment requirements, you agree that you will do the following:

- Implement mandatory health screening assessment (e.g. questionnaire, temperature check) before employees begin work each day and for essential visitors, asking about (1) COVID-19 **symptoms** in past 14 days, (2) positive COVID-19 test in past 14 days, and/or (3) close contact with confirmed or suspected COVID-19 case in past 14 days. Assessment responses must be reviewed every day and such review must be documented.

What type(s) of daily health and screening practices will you implement? Will the screening be done before employee gets to work or on site? Who will be responsible for performing them, and how will those individuals be trained?

Employees are directed to monitor their own health before coming to work. Employees with symptoms of COVID-19 must remain home and contact nursing of symptoms.
All employees are screened upon arrival to work by a nurse or designee (trained by Health Care Consultant). Screening includes temperature check, questionnaire, and signed attestation.
Parents are directed to monitor child's health before coming to Clinic. Children with symptoms of COVID-19 must remain home and contact nursing of symptoms.
Children are screened upon arrival to Clinic. Screening includes temperature check, and questionnaire completed by both the parent and nurse.

If screening onsite, how much PPE will be required for the responsible parties carrying out the screening practices? How will you supply this PPE?

Screenings completed by nurse or designee. Masks are required for responsible parties completing screenings. Gloves, face shields and gowns also available.
Nurse/Chief Medical Officer oversee par level of PPE.
PPE orders fulfilled by Materials Management Department.

B. Contact tracing and disinfection of contaminated areas. To ensure the business and its employees comply with contact tracing and disinfection requirements, you agree that you will do the following:

- Have a plan for cleaning, disinfection, and contact tracing in the event of a positive case.

In the case of an employee testing positive for COVID-19, how will you clean the applicable contaminated areas? What products identified as effective against COVID-19 will you need and how will you acquire them?

Close building as per NYSDOH and WCDOH directives. Wait 24 hours (if possible) before cleaning and disinfecting. Environmental Services Vendor completes cleaning and disinfecting according to CDC guidelines.

EPA approved cleaning/Disinfecting products include: Medline MicroKill+, Morning Mist Neutral Disinfectant Cleaner, AirX 75 Antibacterial Heavy Duty Cleaner and Odor Counteractant. MSDS centralized in Administration Office.

Environmental Services Vendor uses an electrostatic sprayer (SprayerPro) with product Bioesque to deep clean and disinfect Clinic.

Materials Management Department purchases Medline MicroKill+, Morning Mist Neutral Disinfectant Cleaner.

Environmental Services Vendor purchased SprayerPro and supplies AirX 75 Antibacterial Heavy Duty Cleaner and Odor Counteractant and Bioesque.

In the case of an employee testing positive for COVID-19, how will you trace close contacts in the workplace? How will you inform close contacts that they may have been exposed to COVID-19?

Close contacts are traced via ADP (for employees), Clinic therapy sign out sheet (for children and employees), and Video surveillance is also available to trace close contact.

Close contacts will be informed of possible exposure to COVID-19 by Olivia Jackson, Director of Infection Prevention and Occupational Health

IV. OTHER

Please use this space to provide additional details about your business's Safety Plan, including anything to address specific industry guidance.

Please see attached Protocols related to Services offered at the Elizabeth Seton Children's Rehabilitation Center along with NY State Department of Health (DOH) Novel COVID-19 Website; Centers for Disease Control and Prevention (CDC) COVID-19 Website; Occupational Safety and health Administration (OSHA) COVID-19 Website on the ESC

Staying up to date on industry-specific guidance:

To ensure that you stay up to date on the guidance that is being issued by the State, you will:

- Consult the NY Forward website at forward.ny.gov and applicable Executive Orders at governor.ny.gov/executiveorders on a periodic basis or whenever notified of the availability of new guidance.

ELIZABETH SETON CHILDREN'S REHABILITATION CENTER, INC.

POLICY AND PROCEDURE

DEPARTMENT: MEDICAL	SUBJECT: SITE VISITS (during COVID 19)
Effective Date: March 24, 2020	Amendment Date:

POLICY:

It is the policy of the Elizabeth Seton Children's Rehabilitation Center to provide patient services to established and new patients during times of emergency. On site visits will be provided under strict guidelines for the safety and wellbeing of patients and staff.

PROCEDURE:

- We have limited access into the building allowing 1 parent/guardian per patient and no siblings unless being treated.
- Every person entering the building will have their temperature checked and recorded. The patient will be screened for any illness through visual assessment as well as through a COVID-19 Pre-visit questionnaire. Should their health be in question (cough, funny nose, fever, shortness of breath) they will be asked to leave the facility and encouraged to seek medical advice.
- Each person will be required to wear a mask before entering the building, and the duration of the visit. (Children under the age of 2 will not be required to wear a mask). If parent/guardian or patient does not have a mask, we will supply one.
- Patients will be required to sit 6 feet apart when waiting for their appointment

Any questions should be directed to the Chief Medical Officer of the Children's Rehabilitation Center. Dr. Maria Pici can be reached at 914-597-4106 or by email at mpici@setonchildrens.org.

ELIZABETH SETON CHILDREN'S REHABILITATION CENTER, INC.

POLICY AND PROCEDURE

DEPARTMENT: JK Brace Clinic	SUBJECT: SITE VISITS (during COVID 19)
Effective Date: June 17, 2020	Amendment Date:

POLICY:

It is the policy of the Elizabeth Seton Children's Rehabilitation Center to provide patient services to established and new patients during times of emergency. On site visits will be provided under strict guidelines for the safety and wellbeing of patients and staff.

PROCEDURE:

- We have limited access into the building allowing 1 parent/guardian per patient and no siblings unless being treated.
- Every person entering the building will have their temperature checked and recorded. The patient will be screened for any illness through visual assessment as well as through a COVID-19 Pre-visit questionnaire. Should their health be in question (cough, funny nose, fever, shortness of breath) they will be asked to leave the facility and encouraged to seek medical advice.
- Each person will be required to wear a mask before entering the building, and the duration of the visit. (Children under the age of 2 will not be required to wear a mask). If parent/guardian or patient does not have a mask, we will supply one.
- Patients will be required to sit 6 feet apart when waiting for their appointment
- Child would go directly to exam room
- 1 doctor will examine the child
- Only 2 orthotist allowed in the building
- Exam room to be sanitized before patient enters and after patient leaves

Any questions should be directed to the Chief Medical Officer of the Children's Rehabilitation Center. Dr. Maria Pici can be reached at 914-597-4106 or by email at mpici@setonchildrens.org.

ELIZABETH SETON CHILDREN'S

REHABILITATION CENTER

POLICY AND PROCEDURE

DEPARTMENT:
ADMINISTRATION

SUBJECT:
Telemedicine

Effective Date: 3-24-2020

Revision Date(s):

Review Date(s):

POLICY:

It is the policy of Elizabeth Seton Children's Rehabilitation Center (Clinic) to provide Telehealth services to established patients during times of emergency or when Public Health Crises limit on site visits to the Clinic.

PROCEDURE:

1. Patient/family will be sent an introductory letter along with a consent form to be treated using telemedicine.
2. Patient/family will email, scan or mail the signed consent form back to the Clinic as soon as possible. In the event that treatment must occur prior to receipt of the official consent form, a parent/family/guardian may email their consent and then mail in the form.
3. The consent form will be scanned into the Electronic Medical Record.
4. A log of both affirmative as well refusal consents will be kept on file.
5. No care/treatment may be given prior to obtaining the initial consent.

Protocol for Re-opening Aquatic Center

1. Each patient will adhere to all protocols upon entering the building (screening by nurse, with temperature recorded of patient and caregiver, only one caregiver allowed in with the patient at all times, mandatory mask wearing) If any illness is suspected the patient and caregiver will not be allowed in the building and will be asked to follow up with their own physician before returning to the building.
2. 3 patients with 3 therapist will be allowed in the pool area (patients will be encouraged to come 10-15 minutes prior to their scheduled session for prep before entering the water) Patients in changing areas will be encouraged to complete the undressing and dressing process within a 10-15 minute period as well. Therapy aides will maintain the organized flow of movement in, out and around the pool.
3. Seating on deck will be spaced at 6 feet apart. Mandatory mask wearing while on the pool deck by CRC employee and visitor.
4. Providers will wear masks at their own discretion while in the pool however face shields are MANDATORY while in the pool for the provider as well as the patient if tolerated.
5. Upon arrival each patient should be changed and rinsed prior to entering the pool. (3 designated areas for changing: 2 changing rooms, and one changing area on deck). Areas are cleaned before and after patients use by therapy aid with Morning Mist, Clorox Fuzion and/or Clorox Disinfecting Wipes. Patients are to keep all personal belongings with them during pool session. Plastic bags will be provided for storage of personal belongings.
6. After each use of changing area the therapy aides will disinfect surfaces including changing table, toilet seats and handles, all hand rails, plus seats and handles in shower area. Chucks for changing surfaces, and gloves will be available for patient use in all changing areas.

7. Therapy Aids will also clean/disinfect equipment used in pool: ball, toys, noodles, etc. using Morning Mist, Clorox Fuzion and/or Clorox Disinfecting Wipes.

Information Sheet

1-Front desk staff is screening visitors by asking specific questions pertaining to their health and travel.

2-Temperature is being taken for all staff daily/please report to nursing station upon your arrival for work. This includes all per diem staff.

3-if you suspect the child you are treating is ill or not well, please bring them to nursing for assessment.

4-Infection Control from Yonkers campus was on site Friday March 6th. Recommended more Purell hand sanitizers be mounted. Four more have been mounted and more on order.

5-Products have been changed by our cleaning staff, CleanRite, to meet current regulations. More frequent cleaning of areas is occurring on a daily basis.

6-We expect everyone to remember:

- A. Frequent hand washing**
- B. Stay home when you are sick**
- C. Clean work stations and equipment after each use**
- D. Use Purell stations in the waiting area after each child's session/especially when switching children in the waiting area.**
- E. Staff treating patients that may drool, spit or exhibit any discharge may use protective mask and gloves available in nursing. Gowns/or scrubs available should they be needed.**

We will keep you updated of any changes in protocol.

If you have any questions or concerns please feel to reach out to Dawn Gizzo or Dr. Pici



PATIENT NAME: _____

COVID -19 VISIT SCREENING QUESTIONS

As you have likely heard on the news, Coronavirus disease (COVID-19) was first identified in Wuhan, China. Coronavirus cause respiratory illness ranging from the common cold to pneumonia.

The Center for Disease Control and Prevention (CDC) continues to believe the risk of this Novel (new) coronavirus to the American public remains low at this time; however, in order to protect you and other, we would like to ask you a few questions regarding symptoms and travel.

Has the patient or person accompanying the patient to the appointment travel to China, South Korea, Japan, Italy or Iran within the past 14 days?

No Yes, I have been to China, South Korea, Japan, Italy or Iran

Has the patient or person accompanying the patient to the appointment been in contact with someone under investigation for, or with confirmed case of COVID-19 (2019 Novel Coronavirus) in the past 14 days?

No Yes

Does the patient or person accompanying the patient to the appointment currently have fever?

No Yes

Does the patient or person accompanying the patient to the appointment currently have symptoms of respiratory illness (e.g. cough or shortness of breath)?

No Yes



**Elizabeth Seton Children's
Rehabilitation Center**

Does the child have any of the following symptoms?	Yes	No
A temperature of 100.0 °F or above? Any fever in the last 3 days?		
Cough or sore throat?		
Headache?		
Shortness of breath or difficulty breathing?		
Gastrointestinal symptoms (diarrhea, nausea, vomiting)?		
New nasal congestion or new runny nose?		
New loss of smell/taste?		
Body aches?		
Do you have chills or repeated shaking with chills?		
Upon a visual inspection, any changes in the child's baseline-lethargy, paleness, flushed skin, rashes, unusual spots, swelling or bruises, etc.		
Are you or anyone in your home under an active quarantine or is under isolation?		

If patient answers yes to any questions:

- If non-urgent appointment, recommend rescheduling appointment when well or after 14 day quarantine ends
- If urgent appointment, discuss with provider and provide isolation instructions to patient

Parent Signature: _____



PATIENT NAME: _____

COVID -19 VISITA PREGUNTAS DE CRIBADO

Como probablemente habrá oído hablar de las noticias, la enfermedad de coronavirus (COVID-19) se identificó por primera vez en Wuhan, China. El coronavirus causa enfermedades respiratorias que van desde el resfriado común hasta la neumonía. El Centro para el Control y la Prevención de Enfermedades (CDC) sigue creyendo que el riesgo de este nuevo coronavirus novedoso sigue siendo bajo en este momento; sin embargo, con el fin de protegerlo a usted y a otros, nos gustaría hacerle algunas preguntas con respecto a los síntomas y los viajes.

¿El paciente o persona que acompaña al paciente a la cita ha viajado a China, Corea del Sur, Japón, Italia o Irán en los últimos 14 días?

No Si, I have been to China, South Korea, Japan, Italy or Iran

¿El paciente o la persona que acompaña al paciente a la cita ha estado en contacto con alguien bajo investigación o con el caso confirmado de COVID-19 (2019 Novel Coronavirus en los últimos 14 días)?

No Si

¿El paciente o la persona que lleva al paciente a la cita tiene fiebre actualmente?

No Si

¿Tiene actualmente el paciente o la persona que acompaña al paciente a la cita síntomas de enfermedad respiratoria (por ejemplo, tos o dificultad para respirar)?

No Si

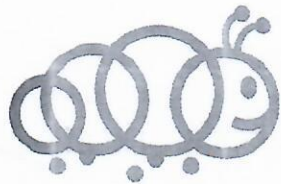


Does the child have any of the following symptoms?	Yes	No
¿Una temperatura de 100,0 oF o superior? ¿Hay fiebre en los últimos 3 días?		
¿Tos o dolor de garganta?		
Headache?		
¿Falta de aliento o dificultad para respirar?		
Síntomas gastrointestinales (diarrea, náuseas, vómitos)?		
¿Nueva congestión nasal o nueva secreción nasal?		
¿Nueva pérdida de olor/sabor?		
Body aches?		
¿Tienes escalofríos o temblores repetidos con escalofríos?		
Tras una inspección visual, cualquier cambio en el letargo basal del niño, palidez, piel enrojecida, erupciones cutáneas, manchas inusuales, hinchazón o cepillos, etc.		

El paciente responde sí a cualquier pregunta:

- Si la cita no es urgente, recomienda reprogramar la cita cuando termine bien o después de 14 días de cuarentena
- Si tiene una cita urgente, hable con el proveedor y proporcione instrucciones de aislamiento al paciente

Parent Signature: _____

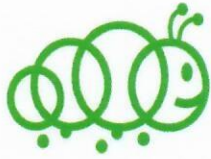


Elizabeth Seton
Children's Rehabilitation Center
317 North Street
White Plains, NY 10605

PUBLIC RESTROOMS

Sink Cleaned	Toilet Cleaned	Mirror Cleaned	Dispensers Checked and Stocked	Trash Collected	Floor Cleaned	Employee Initials	Date	Time

(Restrooms should be cleaned by 10:00 AM, 12:00 PM 2:30 PM, 6:00 PM)



**Elizabeth Seton Children's
Rehabilitation Center**

Medical Labs

TABLES	CHAIRS	TRASH COLLECTED	FLOOR CLEANED	DISPENSERS CHECKED & FILLED	EMPLOYEE INITIALS	DATE	TIME

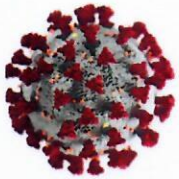


**Elizabeth Seton Children's
Rehabilitation Center**

REHABILITATION GYM

TABLES	CHAIRS	TOYS DISINFECTED	FLOOR/MATS CLEANED	TRASH COLLECTED	DISPENSERS CHECKED & FILLED	EMPLOYEE INITIALS	DATE	TIME

What you should know about COVID-19 to protect yourself and others



Know about COVID-19

- Coronavirus (COVID-19) is an illness caused by a virus that can spread from person to person.
- The virus that causes COVID-19 is a new coronavirus that has spread throughout the world.
- COVID-19 symptoms can range from mild (or no symptoms) to severe illness.



Know how COVID-19 is spread

- You can become infected by coming into close contact (about 6 feet or two arm lengths) with a person who has COVID-19. COVID-19 is primarily spread from person to person.
- You can become infected from respiratory droplets when an infected person coughs, sneezes, or talks.
- You may also be able to get it by touching a surface or object that has the virus on it, and then by touching your mouth, nose, or eyes.



Protect yourself and others from COVID-19

- There is currently no vaccine to protect against COVID-19. The best way to protect yourself is to avoid being exposed to the virus that causes COVID-19.
- Stay home as much as possible and avoid close contact with others.
- Wear a cloth face covering that covers your nose and mouth in public settings.
- Clean and disinfect frequently touched surfaces.
- Wash your hands often with soap and water for at least 20 seconds, or use an alcohol-based hand sanitizer that contains at least 60% alcohol.



Practice social distancing

- Buy groceries and medicine, go to the doctor, and complete banking activities online when possible.
- If you must go in person, stay at least 6 feet away from others and disinfect items you must touch.
- Get deliveries and takeout, and limit in-person contact as much as possible.



Prevent the spread of COVID-19 if you are sick

- Stay home if you are sick, except to get medical care.
- Avoid public transportation, ride-sharing, or taxis.
- Separate yourself from other people and pets in your home.
- There is no specific treatment for COVID-19, but you can seek medical care to help relieve your symptoms.
- If you need medical attention, call ahead.



Know your risk for severe illness

- Everyone is at risk of getting COVID-19.
- Older adults and people of any age who have serious underlying medical conditions may be at higher risk for more severe illness.

