

May 8, 2020

Guidance for Workers

For full details, visit www.sccgov.org/coronavirus

People who continue to perform important jobs that keep our community safe and healthy are part of our essential workforce. This includes people who work in grocery and food stores, gas stations, restaurants, healthcare, hotels and motels, delivery services, and transportation services, first responders, and other employees at businesses that keep essential activities going. Many people in the county can stay home safely because of the services provided by these essential workers. Other workers will perform important work outside their homes maintaining basic functions for non-essential businesses and staffing the outdoor businesses that are now allowed to reopen under the current order (effective May 4, 2020).

For people performing work outside their homes, we offer the following tips on how to reduce the risk of COVID-19 (novel coronavirus) for you and your family.

When Going to Work:

- Riding alone in a private vehicle is the safest way to travel.
- We know this is not possible for everyone. If you go to work with others in the same car, wear a face covering over your mouth and nose (such as a bandana, scarf, or handmade fabric covering). Keep the car windows open whenever possible. If you go to work on public transportation, wear a face covering while waiting for and riding the bus or train.
- Avoid touching your eyes, nose, or mouth, especially with unwashed hands.
- If possible, carry a small bottle of hand sanitizer to use after touching surfaces such as ticket machines, handrails, and doors.

When at Work:

- Wash your hands with soap and water as soon as you get to work and as often as possible during your shift. Wash for at least 20 seconds. If handwashing facilities are not available, use hand sanitizer with at least 60% alcohol content.
- Wear a face covering over your mouth and nose while at work (such as a bandana, scarf, or handmade fabric covering). This is required.

When You Get Home from Work:

- Wash your hands thoroughly or use hand sanitizer as soon as you get home.
- Create a space near the front door or entrance to your home to place your work items to avoid contaminating other areas of the house.
- After washing your hands, clean your phone, keys, and other loose items with disinfectant wipes.
- Clean any doorknobs or other surfaces that you touched when you entered the home.

- Place work clothes that need washing directly into the washer or in a separate bag, depending on what makes sense for your laundry situation.
- Shower and put on clean clothes.
- Do not hug or touch anyone until after you've washed your hands and showered.

At Home:

- Cover your mouth/nose with a tissue or sleeve when coughing or sneezing, then throw out the used tissue.
- Avoid sharing personal items like drinking glasses, eating utensils, and towels with other people.
- Frequently clean high-touch surfaces including phones, keyboards, kitchen countertops, toilets, faucets, and doorknobs. Standard cleaning products are effective against COVID-19.

Make a Plan in Case You Get Sick:

- Plan how you will meet your essential needs if you become sick.
- Keep a supply of non-perishable food, household items, cleaning supplies, and medications on hand so that you can minimize and space out your trips to the grocery store, pharmacy, and other locations.
- Determine who will be responsible for activities such as grocery shopping and other essential activities if you become sick. Is there someone in the home who can help? Is there a family or close friend who can drop off groceries to the door?

Free Support Services:

- For housing support, call the County's Joint Operations Center at 408-278-6420.
- For food assistance, call Second Harvest Food Bank at 1-800-984-3663.
- If you do not have a regular doctor, please call the Primary Care Access Program at 408-556-6605 to speak to a doctor about your symptoms.
- For information on COVID-19 testing in the County—including who should get tested and where—visit the County Public Health Department website: www.sccgov.org/cv19testing.
- Remember, getting help for COVID-19 will not reduce your chances of obtaining U.S. residency or citizenship. So please, reach out for help if you need it.
- To see if you qualify for a program that can cover a portion of your lost wages due to COVID-19 visit: sccfairworkplace.org or call 1-866-870-7725.