

7 DEGREES OF SEPARATION: PROMOTING HYGIENE VS. COVID-19 IN SHARED LIVING FACILITIES

3 KITCHENS

- Handwash plates & glasses ≥ 20 seconds
- Use dishwasher to clean if possible

2 COMMON AREAS

- Use gloves or disposable towels to touch surfaces like machines or doors
- Use knuckle or elbow to maneuver objects

1 SURFACES

- Sanitize handles, buttons & counters
- Use chlorinated or alcohol cleaners

4 PACKAGES

- Sanitize outside packing & unwrapped inner content
- Wash hands after manipulating

5 HANDS

- Wash ≥ 20 seconds
- Scrub fingers, palms, hands & nails
- At least every 3 hrs
- Avoid touching face

6 GUESTS

- Keep to a minimum
- Encourage disclosing any exposure to people w/symptoms
- Maintain at least 6 ft. social distancing
- Disinfect surfaces & handwash after hosting

7 PUBLIC SPACES

- Wear gloves & mask outside home pending local shortages
- Esp. in crowded places (stores)
- Bring sanitizer

