



HEALTH ALERT

Important Public Health Message



Guidance for Mt. SAC Employees on Coronavirus

March 2, 2020 -- While risk from the coronavirus (COVID-19) is still considered low, employees are encouraged to follow these public health tips. SOURCE: World Health Organization

Workplace Health

- Make sure your workplaces are clean and hygienic.
- Promote public health hygiene and post the attached “Staying Healthy” flyer.
- When possible, provide supplies that support hygiene, such as paper tissues, places for hand-washing or sanitizing stations.
- If you are sick, stay home. Anyone with even a low-grade fever should stay home.

Business Travel Considerations

- Before travel, check the World Health Organization for the latest information on areas where coronavirus is spreading and assess the benefits/risks of travel plans with your supervisor.
- While traveling, practice healthy practices, like frequent hand washing. Ensure employees know what to do and who to contact if they feel ill while traveling. Comply with any local restrictions on travel, movement or large gatherings.
- After travel, employees who have returned from an area where coronavirus is spreading should monitor themselves for symptoms for 14 days and take their temperature twice a day. If they develop even a mild cough or low grade fever, they should stay home and self-isolate. They should also call their healthcare provider or their local public health department for guidance.

Healthy Practices

- Wash your hands often.
- Avoid touching your eyes, nose and mouth.
- Cover your nose and mouth when you cough or sneeze. Use your sleeve if you don't have a tissue handy.
- If you are sick, stay home. Anyone with even a low-grade fever should stay home.
- Practice healthy habits. Get plenty of sleep, stay active, manage your stress, drink plenty of fluids and eat nutritious foods.