

COVID-19: CRITICAL INFRASTRUCTURE WORKERS GUIDANCE FOR STAYING PROTECTED AT WORK

These steps are recommended to protect employees while at work:



Stay home: If you are not feeling well do not go to work.



Pre-Screen: Follow your employer's protocol for screening. You should measure your temperature and assess symptoms prior to starting work.



Practice etiquette for coughing, sneezing and handwashing: Wash your hands often with soap and water for at least 20 seconds. If soap and water are not readily available, use a hand sanitizer that contains at least 60% alcohol. Cover your nose and mouth with your bent elbow or a tissue when you cough or sneeze.



Don't touch your eyes, nose or mouth.



Wear a Mask: Always wear a face mask or personal protective equipment (PPE) while at work. Employers can issue facemasks or can approve employees' supplied cloth face coverings.



Social Distance: You should maintain 6 feet and practice social distancing as work duties permit in the workplace as much as possible.



Disinfect and Clean workspaces:

Keep a clean workspace and disinfect all areas often such as tables, desktops, doorknobs, handrails, phones, keyboards & mouse, pens/pencils. You should not share tools, equipment, or headsets if possible.



Communicate with your supervisor:

Have conversations with your direct supervisor about your concerns if you are at high risk for severe illness.



Educate yourself: Understand what COVID-19 is and how to protect yourself and others by visiting [covid.sd.gov](https://www.covid.sd.gov) or [cdc.gov/coronavirus](https://www.cdc.gov/coronavirus)



Breaktime:

You should physically distance yourself from others. Consider staggering breaks, don't congregate in the break room, and don't share food or utensils.



If you get sick at work:

If you become sick while at work, you should separate from other employees, customers, and visitors and go home immediately.