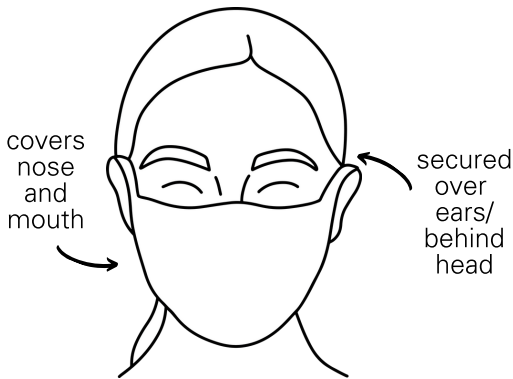


BEST PRACTICES

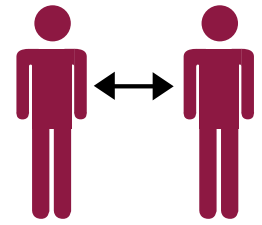


Wear face coverings at all times

- Wash hands or use hand sanitizer before touching your face.
- Wash clothing and cloth face coverings worn daily in the warmest water possible for the fabric, and dry on the highest heat setting possible.
- If you develop symptoms of COVID-19 (fever, cough, shortness of breath, new loss of taste or smell) or if you are identified as a close contact to a positive case, seek medical care and contact the local health department.
- Do not report to shelter if you have a fever (100.4°F or above), cough, vomiting or diarrhea.

PROTECTING RESIDENTS

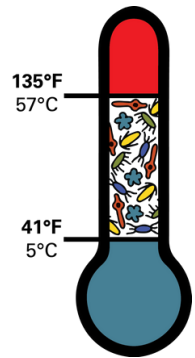
- Limit close contact with other volunteers, staff, and residents to less than 15 total minutes and keep physical distance of at least 6 feet.
- Limit shared items among residents such as pens, toys or other personal items.
- Disable water fountains for direct drinking, and allow for use only for water bottle filling.
- Regularly disinfect high-touch surfaces such as tables, door handles, bathroom faucets, handrails, etc.
- Clean any visibly soiled surfaces with soap and water before disinfecting.



Wait 6 feet apart



- CDC is recommending use of household bleach or disinfectants on the EPA list: [go.ncsu.edu/epacovid-19](https://www.epa.gov/pesticide-registration/active-ingredients-list-registered-disinfectants)
- Prepare a bleach solution, mix:
 - 5 tablespoons (1/3 cup) bleach per gallon of water
 - 4 teaspoons bleach per quart of water
- Do not touch ice or opened food products with bare hands and instead use gloves and other utensils.
- Keep food out of temperature danger zone, which is between 41°F and 135°F.
- If individually plated meals are served, make sure they are eaten or thrown away within 4 hours.
- When receiving food, check temperature with a digital, thin probe thermometer.
 - Hot foods should be at or above 135°F and cold at or below 41°F.
 - If foods are received with a discard time, be sure to use and throw away accordingly.



HOW TO WASH HANDS



1 Wet hands with clean, running water

2 Apply soap

3 Lather and scrub hands for at least 20 seconds

4 Rinse hands under clean, running water

5 Dry hands using a clean towel or air dry them

