**What does the CDC advise?**

- Avoid close contact with sick people.
- Don’t touch your eyes, nose, and mouth.
- Stay home when you are sick.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash.
- Clean and disinfect frequently touched objects and surfaces using a regular household cleaning spray or wipe.
- Follow CDC’s recommendations for using a facemask: Masks are NOT needed if you are well. Masks ARE recommended if you are showing symptoms, caring for the sick, or have a compromised immune system.
- Wash your hands often with soap and water for at least 20 seconds, especially after going to the bathroom; before eating; and after blowing your nose, coughing, or sneezing.

**How Can REMEDY Help?**

**Traps**

- **Vague Guidance**: What should you specifically do to protect yourself?
- **Overconfidence**: The likelihood of getting sick is low, and the consequences are typically not severe. You may be healthy, but others may not be able to fight off the illness. You still have a responsibility to others to prevent the spread of the disease.

**Tools**

- **Questioning Attitude**: How long to wash hands (20 secs) is clear, but how often? In an office? Set a timer to wash or sanitize every hour. In public? Wash or sanitize after touching surfaces others may have touched.
- **Peer Check**: How do you stop touching your face? A peer check can help you recognize when your hands are around your face. Coach and be willing to receive coaching.
- **Effective Communication**: “Cover your cough” is vague. Don’t cover it with your hand; use your elbow or upper sleeve.
- **Self Check**: Stop and Think if you are sick. Symptoms include: Fever, Cough, Shortness of Breath. Act by staying home.

**Ask the Right Questions**

- What are commonly touched surfaces (Traps)?
- Do I have a plan to avoid exposure (Tools)?
- How can I best protect myself and others?
- What are my Stop Work (stay home) criteria?

**How can I be part of the solution?**

**Tools**

- Self-Check
- Questioning Attitude
- Effective Communication
- Peer Check

**Traps**

- Time Pressure
- Overconfidence
- Distractions
- Vague Guidance