Safety First: Six Steps to Safety

Experts believe that most Covid infections are caused when the virus spreads directly from one person who is infected—but may not even have any symptoms—to another person who is not infected. Covid can also be spread through contact with a contaminated surface or object, although this is not thought to be a common mode of transmission. The risk for becoming infected will be much lower if everyone in the restaurant, workers and diners—whether or not they have been vaccinated—just follows these six rules, and restaurant management strictly enforces them:

**Six Steps to Safety**

1. **Anyone who has Covid, has a fever or any other symptoms of Covid—or has no symptoms but tests positive for Covid**—stays away from the restaurant and isolates themselves from other people until testing determines that they do not have Covid or until they are no longer contagious.

2. **Anyone who has had recent close contact with someone who has Covid** stays away from the restaurant and quarantines themself until they are determined not to be infected or, if they are determined to have Covid, are no longer contagious.

3. **Everyone—workers and diners—wears a mask at all times** when in the restaurant except when actively eating or drinking.

4. **Everyone maintains a distance of at least six feet from any other person**—for diners, from anyone outside their party—as much of the time as possible, even when both are wearing a mask.

5. **All workers in the restaurant frequently wash their hands with soap and water** for at least 20 seconds or sanitize them with alcohol-based hand sanitizer that has at least 60% alcohol. If required to wear gloves, workers should change them frequently, washing hands after removing one pair and before donning a new one (see “Gloves and Covid”).

6. **All workers in the restaurant ensure that frequently touched objects and surfaces are routinely cleaned and sanitized or disinfected**.

The most important rule in infection control is this: **Control the source of infection**! That’s why it’s so important for people to stay home and away from the restaurant if they have Covid, have a fever or any other symptoms of Covid, have no symptoms but test positive for Covid, or have recently been exposed to someone with Covid.