

Community Mitigation Strategy by the CDC

- **Personal protective measures** (e.g., handwashing, cough etiquette, and face coverings) that persons can use at home or while in community settings
 - Wash with soap and warm water for 20 seconds
 - 60% alcohol sanitizers should be used between clients or contact with commonly used surfaces where handwashing is not readily available. Sanitizers should not replace handwashing when hands are visibly soiled;
 - *Note; considered flammable when near oxygen or carpeted surfaces by ISDH*
 - Do not use a mask meant for a healthcare worker (e.g. N95 masks)
 - True N95 masks are fitted to healthcare workers so there is no guarantee that the masks purchased by the public offer more protection than the cloth masks
 - Cloth masks should be worn in groceries stores, employees that engage with the public or trips to stores to pick up necessities
 - *Why are gloves not mentioned?* Many people are not trained on the proper “donning and doffing” performed in the operating rooms for sterile procedures. Use of gloves outside of direct patient care does not offer more protection than routine hand washing.
 - *Why is eyewear not mentioned?* When masks are worn, the travel of droplets from cough or speaking is reduced. The likelihood outside of a medical setting for droplets to reach the mucous membranes of the eyes is low

Access to PPE;

- Bloomington Quilters Guild
 - Indiana Small Business PPE Marketplace
 - Amazon 2-4 weeks
 - Office Depot, Office 360 and Staples, Genbay USA, William’s Bros, CVS.
- **Social distancing** (e.g., maintaining physical distance between persons in community settings and staying at home e.g. 2 arm lengths or 6 feet)
 - **Environmental surface cleaning** at home and in community settings, such as schools or workplaces

- Clean & disinfect commonly used surfaces, such as tables, doorknobs, light switches, countertops, handles, desks, phones, keyboards, toilets, faucets, and sinks
 - Use EPA registered disinfectants such as Lysol or generics are available
 - When EPA registered disinfectants are not available, alternative disinfectants can be used (for example, 1/3 cup of bleach added to 1 gallon of water, or 70% alcohol solutions). Do not mix bleach or other cleaning and disinfection products together. This can cause fumes that may be very dangerous to breathe in. Keep all disinfectants out of the reach of children (CDC.gov, 2020).

References;

World Health Organization. (2020). Q & A on Infection Prevention and Control for

Healthcare...

<https://www.who.int/emergencies/diseases/novel-coronavirus-2019/question-and-answers-hub/q-a-detail/q-a-on-infection-prevention-and-control-for-health-care-workers-caring-for-patients-with-suspected-or-confirmed-2019-ncov>

CDC. (2020). Coronavirus (Covid-19). Retrieved online from <https://www.cdc.gov/coronavirus/2019-ncov/>

Cleveland Clinic. (2020). How Long Will Coronavirus Live on Surfaces?. Retrieved online from <https://health.clevelandclinic.org/how-long-will-coronavirus-survive-on-surfaces/>