VNA
VIRGINIA NURSES ASSOCIATION

Protect Healthcare Workers

Here is a list of actions the general public can take to help keep nurses and other healthcare workers safe.

ANA & CDC GUIDELINES

Per the CDC, it is known that coronavirus is part of a large family of viruses that can cause illness in people and animals. It is known that COVID-19 is spread via respiratory droplets from coughs and sneezes. It is also possible to spread COVID-19 by touching your eyes, nose, or mouth after touching an infected surface. The CDC provides the following guidance to help prevent COVID-19 from spreading among people in homes and communities:

- STAY HOME except to get medical care, do not use public transportation or taxis if sick
- Call first before visiting your healthcare provider. Notify them of your symptoms and the need for evaluation for COVID-19. Follow the instructions provided by your healthcare team
- Separate yourself from other people in your home, utilize a separate bathroom
- Wear a facemask as instructed if you are sick
- Use your elbow to cover your coughs and sneezes
- Wash your hands frequently with soap and water for at least 20 seconds
- Avoid sharing household items
- Monitor your symptoms
- For a full list of guidelines and recommended actions for preventing the spread of Coronavirus visit https://www.cdc.gov/coronavirus/2019-ncov/guidance-prevent-spread.html

https://www.nursingworld.org/practice-policy/work-environment/health-safety/disaster-preparedness/coronavirus/