

## HEED Health

### Infection control guidance for employees after return to work

[Here are some tips from Centers for Disease Control and Prevention \(CDC\)](#) about how to reduce COVID-19 infection risk in the workplace:

- Maintain six feet of distance from other employees or clients to the extent possible
- Wash your hands often with soap and water (for at least 20 seconds)
- Use hand sanitizer with at least 60% alcohol if soap and water are not available.
- If you cough or sneeze, cover your mouth and nose with a tissue or use the inside of your elbow; wash hands or use hand sanitizer afterward
- Avoid sharing devices with others- if not possible, disinfect shared equipment (i.e. keyboard, mouse, phone, doorknob) before/after use with an [EPA-approved product](#)
  - o If disinfecting wipes are not available, clean with soap and water
- Avoid touching your eyes, nose, and mouth with unwashed hands
- Use a face covering or mask if sharing space with others
- Explore remote work or meeting options with your employer
- Report new symptoms to your supervisor

See Heed Health Return to Work guidance on timing of when to return to work after suspected/confirmed COVID-19 infection or quarantine after potential exposure.