

COVID-19 & Personal Protective Equipment



Gloves and other personal protective equipment (PPE) are in short supply.

Save gloves for first responders and healthcare workers.

COVID-19 spreads through the air when an infected person coughs, sneezes or talks. It can also spread through close contact like shaking hands. It is less likely to spread through touching surfaces.

Take these actions to protect yourself and those around you.

- Wash your hands often with soap and warm water for 20 seconds. This is especially important after using the restroom, before eating and after coughing, sneezing or blowing your nose.
- Use hand sanitizer with at least 60% alcohol when you can't wash your hands.
- Avoid touching your face. If you must touch your face, wash your hands before and after.
- Use a towel or your sleeve to touch things like doorknobs and switches.

If you choose to wear gloves:

- Before you put on gloves, wash your hands with soap and warm water for 20 seconds.
- Don't touch your face.
- As soon as you take off gloves, throw them in the trash.
- Don't wash, sanitize or reuse gloves.
- When you touch a contaminated surface, your gloves become contaminated.

Keep in mind the world has always been full of viruses and bacteria. For example, norovirus causes severe vomiting and diarrhea, is very contagious and easily spreads through touching surfaces. Frequent handwashing and healthy habits, not wearing gloves, have kept us from getting sick.

Save surgical masks and N95 respirators for first responders and healthcare workers.

The Centers for Disease Control and Prevention (CDC) recommend wearing a face covering in public when social distancing is difficult. Homemade masks are an acceptable alternative when surgical masks are unavailable.

Wearing a mask helps you keep your germs to yourself. You can have COVID-19 and not have symptoms. Wearing a homemade mask helps keep those around you safe. Staying 6 feet away from others whenever possible helps keep you safe.

For more information about COVID-19, visit tpchd.org/coronavirus. Questions? Email communitysafety@tpchd.org.