



Personal Protective Measures

Time, Distance & Shielding

The threat of COVID-19 remains a concern for public safety. We must do all we can to prevent the spread of COVID-19 on campus while establishing a *new normal*. Consider the application of the simple principle of ***Time-Distance-Shielding***.

Time – Limit the time you spend around other people. The less time you spend in the presence of people outside your own family, the less likely you are to become infected.

Distance – When around people outside your own family, maintain a safe distance (6 feet). This is one aspect of social distancing.

Shielding – It is not always possible to maintain 6 feet of distance between you and others. When it is not possible or practical to limit this distance, consider some form of shielding, such as simple forms of Personal Protective Equipment (PPE).

Personal Protective Equipment

Face coverings, disposable nitrile gloves and safety glasses may be used to keep you safe. Please note, all of these are matter of personal choice. We are not mandating the use of any of these.

Face coverings – You can purchase or make simple face coverings. How they are constructed will determine how effective they are at protecting you. At present, there is no requirement for you to wear a mask or face covering. However, you are encouraged to do so. Why? Surgical masks are designed to protect other people from you as you may be infected and not know it – not the other way around.

Nitrile gloves – Protect your hands by wearing disposable gloves. If you do so be sure to remove them carefully and wash your hands immediately after you remove them.

Safety glasses – Simple, inexpensive safety glasses may protect your eyes from respiratory droplets. These are recommended for employees that empty trash receptacles or work closely with the public.

Other Personal Considerations

Hand hygiene is an important personal measure. Routinely sanitize your phone. Also, remember not to touch your face. Here are some other considerations:

Influenza vaccine – COVID-19 transmission is likely to occur during cold and flu season. Getting the annual influenza vaccine will protect you from the flu. For those of you who are not allergic to egg protein, we strongly recommend getting this vaccine. This will help us in two ways. It will protect you from illness and it will eliminate most of the illness that is similar to COVID-19.