

## Safety Measures Work Together!

**Use all 4 measures to combine together for all of our safety**

Safety Measures	Actions	Evidence
Hygiene	Frequent hand sanitizing and/or washing	Reduces viral spread by 46% <sup>1,2</sup>
	Effective cleaning	Reduces viral spread by 70% <sup>1</sup>
Distancing	Maintain 6 feet of distancing	Being within 7.5 feet increases risk of infection by 3.1x <sup>3</sup> Less than 10% of droplets travel more than 5.5 feet <sup>4</sup>
	Limit time of exposure	Among 445 people who had been within 6 feet of a COVID-19+ person for more than 10 minutes, only 2 tested positive and both had household exposure <sup>5</sup>
Screening	Symptom assessment with patient communications, at scheduling and combined with temperature screening at lobby entrance	While asymptomatic COVID-19 infected people can spread the virus, the highest viral load is at the time of symptom onset <sup>6</sup>
Masking	Person wears surgical mask to protect others	Surgical mask reduces Coronavirus aerosol transmission to zero (p=0.04), and a trend toward droplet transmission to zero (p=0.09) <sup>7</sup>
	Person wears surgical mask to protect self	Surgical masks reduce exposure to aerosolized influenza virus an average of 6-fold <sup>8</sup>
	Person wears N95 mask to protect self <b><u>when indicated by PPE guidance</u></b>	N95 masks prevent inhalation of 95% of 0.3µm particles <sup>9</sup>

<sup>1</sup><https://www.bmj.com/content/336/7635/77>

<sup>2</sup><https://www.sciencedirect.com/science/article/pii/S0749379701003233?via%3Dihub>

<sup>3</sup><https://www.nejm.org/doi/full/10.1056/nejmoa031349>

<sup>4</sup><https://www.sciencedirect.com/science/article/pii/S0002934348903921?via%3Dihub>

<sup>5</sup>[https://www.cdc.gov/mmwr/volumes/69/wr/mm6909e1.htm?s\\_cid=mm6909e1\\_w](https://www.cdc.gov/mmwr/volumes/69/wr/mm6909e1.htm?s_cid=mm6909e1_w)

<sup>6</sup><https://www.nature.com/articles/s41591-020-0869-5>

<sup>7</sup><https://www.nature.com/articles/s41591-020-0843-2>

<sup>8</sup><https://www.sciencedirect.com/science/article/pii/S0195670113000698?via%3Dihub>

<sup>9</sup><https://gh.bmj.com/content/bmjgh/5/5/e002553.full.pdf>

Overview: <https://www.newyorker.com/science/medical-dispatch/amid-the-coronavirus-crisis-a-regimen-for-reentry>