

COVID-19 Safety Training

Madera Community College

Know about COVID-19

- Coronavirus (COVID-19) is a respiratory illness caused by a new or “novel” coronavirus that was not identified in humans before December 2019
- The virus that causes COVID-19 is a new coronavirus that has spread around the world
- COVID-19 symptoms can range from mild (or no symptoms) to severe illness
- Individuals who are not showing symptoms may still spread the virus

Stay updated:

[Madera County](#)

[Fresno County](#)

[CDC COVID-19 Updates](#)

[Mariposa County](#)

Know how COVID-19 is Spread

- You can become infected by coming into close contact (about 6 feet) with a person who has COVID-19, as it is primarily spread from person to person
- You can become infected from respiratory droplets when an infected person coughs, sneezes, or talks
- You may also be able to get it by touching a surface or object that has the virus on it, and then by touching your mouth, nose, or eyes

Protect Yourself and Others

- [Six Steps to Prevent COVID-19 video](#)
- [Six Steps to Prevent COVID-19 \(ASL Version\)](#)
- There is currently no vaccine to protect against COVID-19; the best way to protect yourself is to avoid being exposed to the virus that causes it
- Stay home as much as possible and avoid close contact with others
- Wear a cloth face covering that covers your nose and mouth in public settings
- Clean and disinfect frequently touched surfaces

Basic Hygiene

Germs can spread when you:

- Touch your eyes, nose, and mouth with unwashed hands
- Prepare or eat food and drinks with unwashed hands
- Touch a contaminated surface or objects
- Blow your nose, cough, or sneeze into hands and then touch other people's hands or common objects

Recommended Hygiene Best Practices:

- Wash hands or use sanitizer frequently and after coughing, sneezing, blowing nose, and using the restroom
- Avoid touching your nose, mouth and eyes
- Wear facial coverings and do not remove when sneezing or coughing
- Avoid shaking hands/wash hands after physical contact with others
- Avoid close contact with others (6 feet)

Basic Hygiene: Handwashing

- The CDC recommends washing your hands often with soap and water for at least 20 seconds, or using an alcohol based hand sanitizer that contains at least 60% alcohol
1. Wet
 2. Lather
 3. Scrub (for at least 20 seconds)
 4. Rinse
 5. Dry

[CDC Handwashing Video Link: What you need to know about handwashing](#) (Video is text only, no sound)

Social Distancing

Limiting face-to-face contact with others is the best way to reduce the spread of COVID-19:

- Stay home as much as possible
- If you must go out, stay at least **6 feet** away from others and wear a face covering
- Do not gather in groups
- Stay out of crowded places and avoid mass gatherings
- Avoid elevator use, try using the stairs

[Social Distancing Video](#)

[Social Distancing \(ASL Video\)](#)

Help Prevent Spread If You Are Sick

- Stay home when sick, except to get medical care
- Stay in touch with your doctor– call ahead before you seek care
- Avoid public transportation, ride-sharing, taxis
- Separate yourself from other people and pets in your home
- Monitor your symptoms: [CDC Symptoms of Coronavirus Link](#)

Face Coverings

What you should know:

- Cloth face coverings are not the same as medical facemasks, surgical masks or respirators
- Cloth face coverings assist the person wearing them from spreading respiratory droplets when talking, coughing, sneezing
- Wearing the covering may protect others from you, their face coverings may protect you

Proper Use of Face Coverings

- Mouth and nose must be fully covered
- Mask must fit snugly against the side of the face
- Make sure you do not have any difficulty breathing while wearing the face covering
- The cloth covering should be tied or secured to prevent slipping
- Avoid touching your face as much as possible
- Keep the covering clean
- Clean hands with soap and water or hand sanitizer immediately before putting on, after touching or adjusting, and after removing the cloth face covering
- In general, washable face coverings should be washed after each daily use or when soiled, using mild detergent and water and then dried in a hot dryer, and then stored in a clean container or bag until needed

Wearing Gloves

Guidance on when to wear gloves:

CDC recommends [wearing gloves](#) when you are cleaning or caring for someone who is sick. It is recommended that individuals wash their hands with soap and water for 20 seconds. Hand sanitizer with at least 60% alcohol is also recommended if hand washing is not available. Should you need to wear a glove, be sure to wash your hands upon removing the gloves.

Resources:

- [Centers for Disease Control and Prevention \(CDC\)](#)
- [Madera County](#)
- [ASL Video Series: Easy DIY Cloth Face Cover](#)
- [How to Make Your Own Face Covering \(Spanish Subtitles\)](#)
- [How to Make Cloth Face Coverings](#)
- [How to Safely Wear and Take Off a Cloth Face Covering](#)
- [How to Wash Your Cloth Face Covering](#)
- [Cloth Face Coverings Important Information](#)

Completion Verification

I, _____ have completed the MCC Covid-19 Safety Training on _____.

Supervisor Name: _____

Date: _____

Department: _____