

# BUILDING BLOCKS OF CONTAINING COVID-19



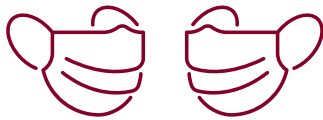
## STANDARD PRECAUTIONS

*ALWAYS practice standard precautions.*

### PRACTICE SOCIAL DISTANCING

### WEAR A FACE MASK

### WASH YOUR HANDS



## SELF-MONITOR

If you have been in close contact with someone who has tested positive for COVID-19

If you have been in close contact with someone who might have been exposed to someone who has tested positive for COVID-19



## SELF-QUARANTINE

If you have tested positive for COVID-19 or you are awaiting your test results

If you are experiencing COVID-19 symptoms

BPCC follows all CDC guidelines for isolation and quarantine  
[cdc.gov/coronavirus/2019-ncov/your-health/quarantine-isolation](https://www.cdc.gov/coronavirus/2019-ncov/your-health/quarantine-isolation)

### HOW TO PRACTICE SOCIAL DISTANCING

Maintain 6 feet of distance between people

Don't hug or shake hands

Avoid frequently touched surfaces

### HOW TO SELF-MONITOR

Be alert for symptoms of COVID-19, especially a dry cough or shortness of breath

Take your temperature every morning and night, and write it down

Call your doctor if you have trouble breathing or a fever (100.4°F or higher)

### HOW TO SELF-QUARANTINE

Stay home for 5 days

Avoid contact with other people

Don't share household items

### ALWAYS PRACTICE GOOD HYGIENE!

WASH YOUR HANDS FREQUENTLY  
AVOID TOUCHING YOUR FACE  
DISINFECT FREQUENTLY TOUCHED SURFACES



*If you or someone you have been in close contact with tests positive for COVID-19, please inform your instructor.*