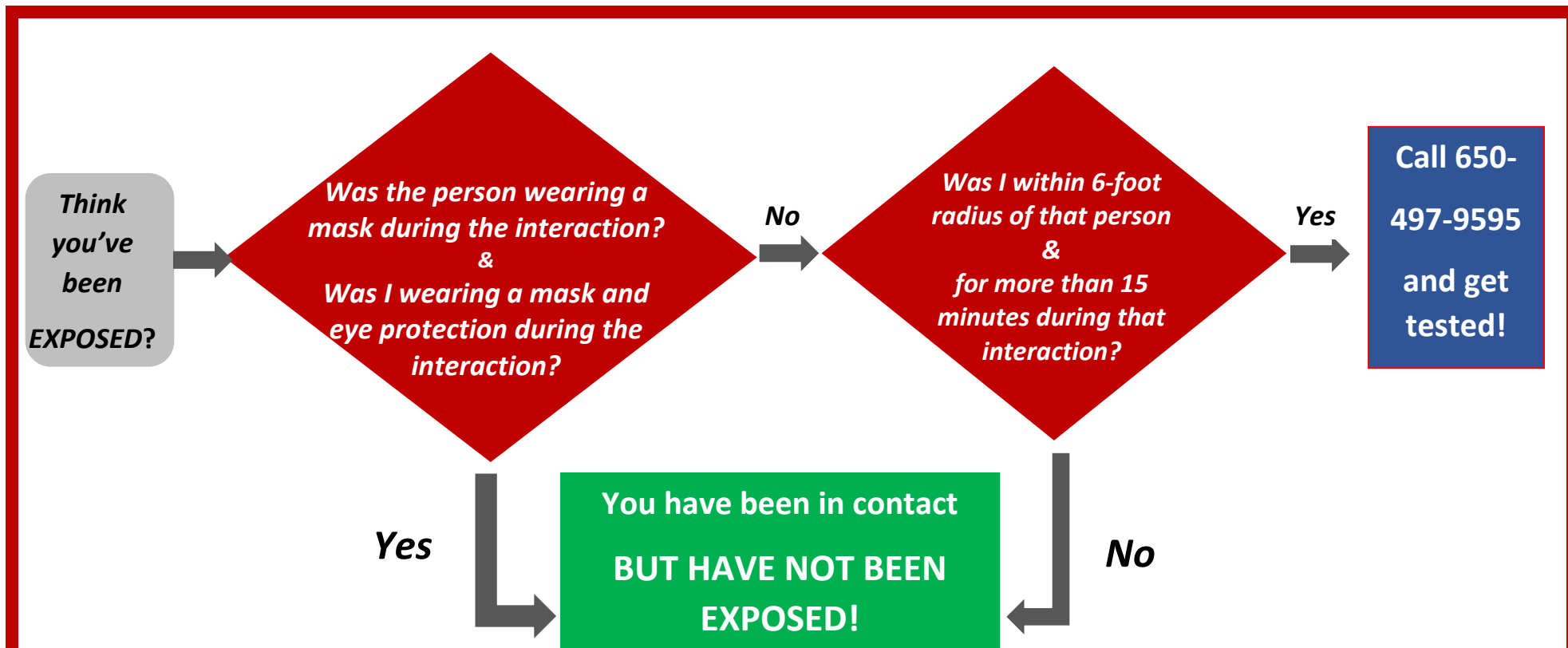


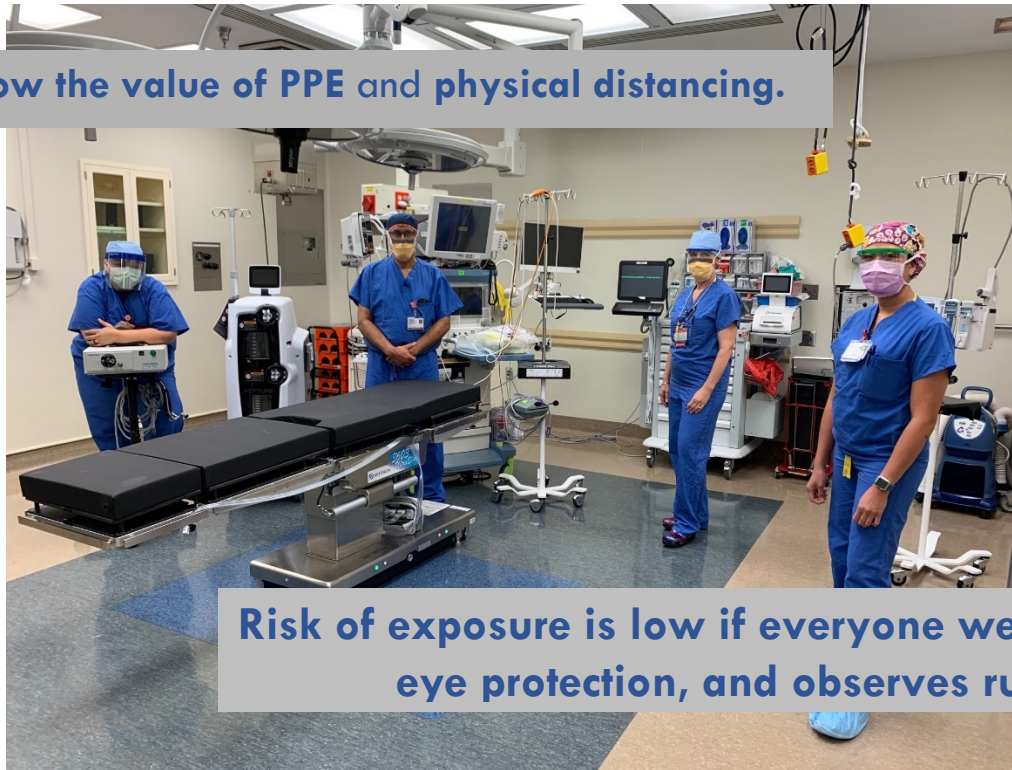
# Zero COVID Exposure – PPE, Distance and Time



**Contact:** Close interaction less than 6 feet and for more than 15 min

**Exposure (Preventable):** Not having proper protection during close interaction

We know the value of PPE and physical distancing.



## How are you going about your activities to protect yourself at work?

- Treat everyone you provide care for, work alongside, or interact with as if they are **infectious**.
  - Mask patient if possible
  - Mask self and wear eye protection
  - Observe physical distance in locker room, bathroom, elevator, hallway, sterile core, supply room, staff lounge, office, cafeteria, stairwell, shuttle bus, parking lot, ...)
  - Limit contact time (with anyone) to 15 min or less
- When you see someone not following the rules: use **ARCC**.
  - **Ask** a question – ***Are you aware we're required to wear mask and eye protection in the clinical/procedural setting?***
  - Make a **Request** – ***Could you please keep your mask over your mouth and nose?***
  - Voice your **Concern** – ***I'm concerned for your health and my health.***
  - Seek help from **Chain of command** (if all else fails)