



SHIPPENSBURG AREA SCHOOL DISTRICT

COVID-19; Ways to Protect Yourself Outside of the Workplace

The Shippensburg Area School District has implemented several internal processes to help mitigate the risk of our essential employees contracting the COVID-19 virus. Below are suggestions from the Centers for Disease Control and Prevention (CDC) and the PA Department of Health as to what all of us can do while we are out and about. Following these suggestions will further help us in this ongoing fight to combat this virus!

Shopping for food and other household essentials or Pharmacy visits

STAY HOME IF SICK

- Avoid shopping if you are sick or have symptoms of COVID-19, which include a fever, cough, or shortness of breath

PROTECT YOURSELF WHILE SHOPPING AND/OR VISITING THE PHARMACY

- Stay at least 6 feet away from others while shopping and in lines
- Cover your mouth **AND** nose with a mask or cloth face covering when you must go out in public
 - **Please Note: Wearing a mask becomes MANDATORY Sunday, April 19, 2020 at 8:00pm for all customers of businesses still open (aka life-sustaining businesses)**
- When you do have to visit in person, go during hours when fewer people will be there (for example, early morning or late night)
- Disinfect the shopping cart; use disinfecting wipes
- Do not touch your eyes, nose or mouth
- If possible, use touchless payment (pay without touching money, a card, or a keypad)
 - If you must handle money, a card, or use a keypad, use hand sanitizer right after paying
- Call ahead your prescription orders, use drive-thru windows, curbside services or mail order whenever possible

USE HAND SANITIZER AND WASH YOU HANDS WHEN YOU GET HOME!

- After leaving the store, use hand sanitizer with at least 60% alcohol; when you get home, wash your hands with soap and water for at least 20 seconds
- At home, follow food safety guidelines:



- There is no evidence that food or food packaging has been linked to getting sick from COVID-19

Accepting deliveries and take-out orders

LIMIT IN-PERSON CONTACT IF AT ALL POSSIBLE

- Pay online or on the phone when you order
- Accept deliveries without in-person contact whenever possible. Ask for deliveries to be left in a safe spot outside your house (such as your front porch), with no person-to-person interaction. Otherwise, stay at least 6 feet away from the delivery person.

WASH YOUR HANDS OR USE HAND SANITIZER AFTER ACCEPTING DELIVERIES OR COLLECTING MAIL

- After receiving your delivery or bringing home your takeout food, wash your hands with soap and water for 20 seconds. If soap and water are not available, use a hand sanitizer with at least 60% alcohol.
- After collecting mail from a post office or home mailbox, wash your hands with soap and water for at least 20 seconds or use a hand sanitizer with at least 60% alcohol

Banking

BANK ONLINE WHENEVER POSSIBLE

- If you must visit the bank, use the drive-through ATM if one is available. Clean the ATM keyboard with a disinfecting wipe before you use it.
- When you are done, use a hand sanitizer with at least 60% alcohol. Wash your hands with soap and water for at least 20 seconds when you get home.

Getting Gasoline

USE GLOVES OR DISINFECTING WIPES ON HANDLES OR BUTTONS BEFORE YOU TOUCH THEM

- Use gloves or disinfecting wipes on handles and buttons before you touch them (if available).
- After fueling, use a hand sanitizer with at least 60% alcohol. Wash your hands for at least 20 seconds when you get home or somewhere with soap and water.

Going to the Doctor

TALK TO YOUR PHYSICIAN ONLINE, BY PHONE OR BY EMAIL

- Use telemedicine, if available, or communicate with your doctor or nurse by phone or e-mail
- Talk to your doctor about rescheduling procedures that are not urgently needed

IF YOU MUST VISIT YOUR PHYSICIAN IN-PERSON, PROTECT YOURSELF AND OTHERS

- If you think you have COVID-19, let the office know and follow guidance
- Cover your mouth **AND** nose with a mask or a cloth face covering
 - **Please Note: Wearing a mask becomes MANDATORY Sunday, April 19, 2020 at 8:00pm for all customers of businesses still open (aka life-sustaining businesses)**
- Do not touch your eyes, nose, or mouth
- Use disinfecting wipes on frequently touched surfaces such as handles, knobs, or touchpads
- Stay at least 6 feet away from others while inside and in lines
- When paying, use touchless payment methods (pay without touching money, a card, or a keypad), if possible
 - If you must handle money, a card, or use a keypad, use a hand sanitizer with at least 60% alcohol right after paying
 - Wash your hands with soap and water for at least 20 seconds when you get home

******STAY SAFE GREYHOUNDS!******