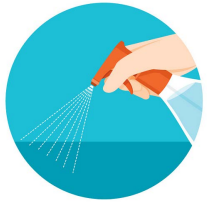


# NBSIA Member Services Safety Bulletin

May 2020

## Steps to Protect Yourself & Others During COVID-19

### Gloves



Always disinfect surfaces you touch when wearing gloves - such as doorknobs, counters and reusable bags.

People who wear glasses may struggle with masks steaming up the lenses - making breathing uncomfortable or stuffy.

While gloves aren't a necessity at this time, the general population should be wearing a cloth face covering to prevent the spread of Covid-19.

Kids under age 2 and people who have trouble breathing shouldn't wear cloth face coverings, per the CDC.

### Masks



CDC recommends wearing cloth face coverings in public settings where other social distancing measures are difficult to maintain (e.g., grocery stores and pharmacies).



Be careful not to touch your eyes, nose, and mouth when removing your face covering and wash your hands immediately after removing.

### How Cloth Face Coverings Should-

- fit snugly but comfortably against the side of face
- be secured with ties or ear loops
- include multiple layers of fabric
- allow for breathing without restriction
- be laundered and machine dried without damage or change to shape



Wash your hands often



Use alcohol-based hand sanitizer

### Sources

<https://www.cdc.gov/coronavirus>



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