

## Physical Distancing

Physical distancing means maintaining a distance of at least six feet from other people.



- ✓ Follow work practices to maintain safe physical distancing while working.
  - Stay behind Plexiglas or other impermeable barriers where physical distancing is not possible.
  - Stagger break and lunch times.
  - Spread out breakroom chairs or create outdoor break areas with shade structures and physically distanced seating.
- ✓ Avoid large gatherings. Practice physical distancing during non-work hours.



## Report Workplace Health and Safety Complaints

Cal/OSHA investigates workplace accidents and complaints of unsafe or unhealthy working conditions.

Contact Cal/OSHA if you have complaints:  
Find your local **Cal/OSHA Enforcement District Office**:

[www.dir.ca.gov/dosh/Complaint.htm](http://www.dir.ca.gov/dosh/Complaint.htm)



## Cal/OSHA Guidance

**Cal/OSHA Industry Guidance on COVID-19:**

[www.dir.ca.gov/dosh/coronavirus/Guidance-by-Industry.html](http://www.dir.ca.gov/dosh/coronavirus/Guidance-by-Industry.html)

Please visit **Cal/OSHA's website**:  
[www.dir.ca.gov/dosh](http://www.dir.ca.gov/dosh)



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## Best Practices for COVID-19 Infection Prevention in General Industry

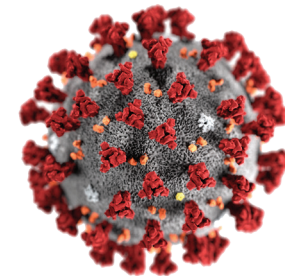


Image: CDC

Cal/OSHA's regulations, title 8 section 3205 and others, require employers to protect workers exposed to COVID-19. This brochure explains the best practices for workers on preventing the spread of COVID-19 in the workplace.

**NOTE:** Certain employers, such as health care, homeless shelters, and correctional facilities, are required to comply with the Aerosol Transmissible Diseases standard, title 8 section **5199**, which has different requirements.



## Written Program

Your employer is required to establish a written workplace-specific COVID-19 prevention program at each facility. These are some of the procedures that must be included:

- ✓ Use of face coverings.
- ✓ Training and communication with you about the plan.
- ✓ Investigation and response to COVID-19 illnesses among workers, including isolating workers and their close contacts.
- ✓ Informing you if you may have been exposed to COVID-19 at work.



Graphic: CDC



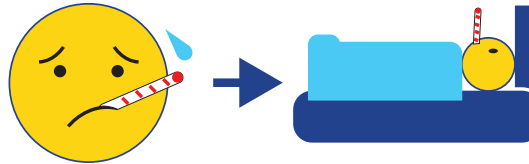
**WARNING:** Use respirators and other personal protective equipment (PPE), not other face coverings, when needed to protect against exposures to other harmful substances or agents.



## Training

Your employer must train you on the following:

- ✓ COVID-19 symptoms and how the disease spreads.
- ✓ Infected people may spread the disease even when not sick.
- ✓ Do not come to work if you feel sick.



- ✓ Proper use of hand sanitizer and required alcohol content.
- ✓ Cough and sneeze into your elbow or a tissue.
- ✓ Safe use of cleaners and disinfectants.
- ✓ Physical distancing.
- ✓ Employer- or government-sponsored leave benefits, such as workers' compensation.



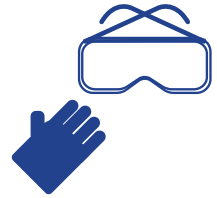
## Control Measures and Screening

Your employer must implement the following measures at the workplace:

- ✓ Provide temperature and symptom screenings at work or instruct you on how to self-screen at home.



- ✓ Provide appropriate protective equipment.
- ✓ If serving the public, refuse entry to those who refuse to wear face coverings, unless exempt.



## Cleaning and Disinfection

Take the following measures:

- ✓ Frequently wash your hands.
- ✓ Perform thorough cleaning in high-traffic areas.
- ✓ Clean touchable surfaces between shifts or between users, whichever is more frequent.
- ✓ Frequently clean and disinfect commonly touched surfaces.
- ✓ Clean delivery vehicles and equipment before and after delivery routes.
- ✓ Use products that are approved by the Environmental Protection Agency (EPA) for use against COVID-19, found on List N.

