



THE CHOICE GROUP

Recommendations for COVID-19

Recommendations for Covid-19 are changing quickly as officials learn more. Monitor updates from the Commonwealth of Virginia at www.virginia.gov/coronavirus and the Centers for Disease Control and Prevention at www.cdc.gov for updates.

As an essential employee, you are being asked to continue working during these challenging times. Please use the following guidelines for staying safe while at work, running errands, and protecting yourself and your family when you return home.



At work:

- Stay home if you are sick. Follow the company's procedure for calling out.
- Wash your hands frequently.
- Cover your coughs and sneezes.
- Avoid borrowing your co-worker's desk, office, phone, work tools and equipment.
- Check your company's policy and procedure for COVID-19.
- Call your job coach if you have questions or concerns.
- Try to avoid close contact (within 6 feet) of co-workers and customers.
- Consider wearing personal protection equipment like gloves and a face mask.



Running Errands:

- Stay 6 feet away from others.
- Cover your mouth and nose with a cloth face covering.
- Run errands when fewer people might be present (early in the morning or late at night).
- Disinfect your shopping cart.
- Do not touch your face.
- Use hand sanitizer after you pay for your items and as soon as you leave the store.
- Wash your hands for 20 seconds as soon as you get home.



Use online banking whenever possible

- If you need the bank, use the drive-through ATM if possible and clean the keyboard with a wipe.
- Use hand sanitizer or wash your hands when you are finished.

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Getting Gasoline:

- Use gloves or wipes on handles and buttons before you touch them.
- After fueling use hand sanitizer. Wash your hands for 20 seconds when you get home.



Riding the bus:

- Wear a face mask when riding.
- Leave the seat next to you empty.
- No fare collection. (busses will remain free of charge).
- CARE On-Demand partner UZURV is only accepting trips for 7-days in advance.



Going to the doctor or getting medicine:

- Talk to your doctor online, by phone, or email.
- Use telemedicine.
- Reschedule procedures that are not urgent.
- If you must visit in person, protect yourself and others.
- Plan to order and pick up all your prescriptions at the same time.
- Call in prescription orders ahead of time. Use drive-thru windows, curbside service, mail order, or other deliver service.
- Check with your doctor or pharmacist to see if you can get a larger supply of medicines.



When you return home:

- Wash your hand with soap and water for 20 seconds.
- Disinfect everything you touch—doorknobs, light switches, keys, phone, remote control.
- Use EPA-approved disinfectants and leave surfaces wet for 3-5 minutes
- Wash your clothes, towels, and linens regularly on the warmest setting
- Don't shake out your dirty laundry (this may disperse the virus in the air).
- Do not invite guests over right now.

Sources: Virginia Department of Health (VDH), Centers for Disease Control and Prevention (CDC), World Health Organization (WHO), Occupational Safety and Health Act (OSHA), CNN Health, and Greater Richmond Transit System (GRTC).