

# Keeping your Facility Healthy

## Encourage and model good hygiene habits

- **Avoid touching your eyes and mouth.**
- **Cover coughs and sneezes with a tissue or your sleeve.**
- **Wash hands often, using soap and warm water for 20 seconds. (When soap and water are not available, use hand sanitizer).**



Follow these tips to help create a healthy environment at your facility and prevent the spread of diseases.

## Practice good housekeeping habits at your facility

- Open windows to help maintain fresh air in shared areas.
- Provide tissue and hand sanitizer at entrances, desks, and other locations in your facility.
- Provide lined trash cans to throw away used tissues.
- Keep surfaces clean by wiping them down with a disinfectant several times a day.
- Keep common areas free from personal items by double-bagging them as people enter the facility.

## Separate people who are sick

- Avoid close contact with people who are sick. (Stay 3 feet away from them if you can).
- Encourage sick staff to stay home until 24 hours after their symptoms are gone.
- People who are sick should sleep and eat meals in a separate room (if possible).
- People who are sick should seek emergency medical care if they have:
  - ▶ Trouble breathing
  - ▶ Chest pain
  - ▶ Trouble keeping liquids down

## Extra tips for residential facilities:

- Use a dishwasher or hot water and detergent to clean eating utensils.
- Avoid “hugging” dirty laundry when handling it to prevent contaminating yourself.
- Consider canceling or postponing group activities.
- Create physical barriers between beds using sheets or curtains.
- Arrange beds so that people lay head-to-toe relative to each other.

For more information visit [www.ph.lacounty.gov](http://www.ph.lacounty.gov)

This publication was supported by Grant/Cooperative Agreement Number U90/CCU917012-08 from CDC. Its contents are solely the responsibility of the authors and do not necessarily represent the official views of CDC.

