



# AIR TRANSPORT DISTRICT LODGE 142



2020-28

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File: 3-26

## GOOD COMMON SENSE “HYGIENE” IS THE BEST DEFENSE

**\*WASH YOUR HANDS “OFTEN”:** (The best way to get rid of germs in most situations.)

**Use the 5 step method**

1. **WET:** With clean warm running water.
2. **LATHER:** Back of your hands & between fingers.
3. **SCRUB:** At least 20 seconds.
4. **RINSE:** Use clean warm running water.
5. **DRY:** Use clean paper towel or air dry.

**\*USE HAND SANITIZER:** (when soap & water are not available)  
Use 60% alcohol based.

Apply sanitizer to hands same way you would lather with soap & water.  
Carry on your person at all times.

**\*AVOID TOUCHING YOUR EYES, EARS, NOSE & MOUTH:**

With your hands with or without latex gloves

**\*COVER YOUR COUGH OR SNEEZE:**

Use tissues when possible, otherwise cover with the crook of your arm, and then wash immediately.

**\*WEAR LATEX GLOVES TO HELP PROTECT**

Always remember to remove properly & wash or sanitize your hands:

**\*AVOID SHARING COMMON ITEMS:**

Such as pens, pencils, cell phones, food, candies/gum (even if wrapped), money, tools etc.

**\*WIPE DOWN PHONES, COMPUTER TERMINALS, COUNTERS & TABLES IN WORK & EATING SPACES:**

Use Lysol type wipes to disinfect areas. Carry on your person at all times.

**\*AVOID CLOSE CONTACT WITH PEOPLE, ESPECIALLY THOSE WHO APPEAR SICK:**

Avoid public places when possible and avoid Handshakes, Fist Bumping, and Hugs etc.

**\*SEE SOMETHING, SAY SOMETHING!**

In a respectful way, speak up if someone else is not practicing good hygiene.

**\*IF SICK, STAY HOME**

People, who think they may have been exposed to COVID-19, should contact their healthcare provider immediately!

**\*FOR AIRLINE WORKERS:**

Avoid walking through the airport terminal on breaks. Consider using less frequent used rest rooms. Consider brown bagging your lunch and choosing to eat in less populated areas. Do not wait & stand on jet ways to board the aircraft while passengers are coming off the aircraft, Instead wait outside until everyone has exited the aircraft. Consider wearing latex gloves every time you board an aircraft. Getting in & out of company vehicles, wipe down door handles, steering wheel, buttons, knobs etc. Always sanitize your hands after using the time clock.

**\*CDC DOES NOT RECOMMEND THAT PEOPLE WHO ARE WELL WEAR FACEMASK TO PROTECT THEMSELVES:**

Masks are only recommended for people who are sick or those caring for.

**\*PLEASE VISIT THE CDC WEBSITE FOR ADDITIONAL SAFETY TIPS AND FOR UP TO DATE INFORMATION.**

CDC.gov

**REMEMBER THE BEST DEFENCE IS YOU, USING GOOD OLD COMMON SENSE!!**

**ALWAYS BE SAFE!  
YOUR SAFETY COMMITTEE**

DS/slb

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opeiu #277

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