

# Dr. Huang's "5 Prevention Pearls" for Returning to Work

UCI Health epidemiologist and infectious disease expert Dr. Susan Huang has shared these "5 Prevention Pearls" that can help minimize the spread of COVID-19 in your workplace.



## 1. Use Multiple Barriers

Use multiple transmission barriers in the workplace — universal masking, hand hygiene, social distancing, daily symptom/temperature check, and staying home when ill — to help employees feel safe.



## 2. Address Droplet Spray

Two-way masking is one of the greatest protections against COVID. Masks must cover the nose and mouth with a snug fit. If a coworker won't wear a mask, ensure 6+ feet of distance or use plexiglass barriers.

Plexiglass barriers between cubicles or workstations allow teams to easily communicate and see one another — creating a sense of community and interaction ease — without requiring constant masking. If a coworker enters another employee's cubicle, then both individuals should be masked.



## 3. Address Surface Droplets

Infected droplets may last on a surface for several hours or up to two days, depending on the ambient environment. While ongoing surface sanitation is important, the best way to protect yourself is by washing your hands or using hand sanitizer before touching your face, mouth, nose or eyes. Get in the habit of consistently sanitizing your hands when in the office so your hands are always clean.



## 4. Practice Breakroom Safety

Eating meals in the breakroom is one of the highest risk moments during the workday. Masks are removed and we're excited to interact with coworkers, which can increase the risk for transmission. Provide disinfectant wipes, hand sanitizer and clean bag for mask storage. Remind employees to maintain at least 6 feet of distance and, when possible, encourage employees to eat meals outside.



## 5. Speak Up When Feeling Unwell

Safety begins with personal responsibility. We're used to coming to work with a minor cough, cold or headache, but since these are also COVID symptoms, it's important to stay home as soon as you begin to feel unwell. Even feeling "extra tired" may be an early COVID indicator. We are most infectious early in the disease, so encourage employees to play it safe and stay home if there's *any* chance of illness.

For more information, visit  
[ComeBackWithConfidence.com](https://www.ucihealth.com/comebackwithconfidence)

