RESTROOM ETIQUETTE

HELP KEEP YOURSELF & OTHERS SAFE WHILE USING THE RESTROOM

- Practice social distancing & wear a mask
- Cover coughs & sneezes with a tissue or your arm. Avoid touching your face & do not spit
- Avoid loitering in common areas & setting down personal items
- Wash hands with warm water & soap for at least 20 seconds
- Dry hands thoroughly
- Use a paper towel to turn off the sink & open the door to exit

Created by the Office of the EVD/CSO
UNIVERSAL MASK POLICY

To protect the health & safety of essential employees, everyone entering Penn's buildings, regardless of role, is required to

WEAR A MASK

Penn-provided masks for essential employees should be stored & reused until they are torn, visibly soiled or otherwise damaged.

For additional information about how to use, reuse, remove & store masks, please visit the EHRS website:
https://ehrs.upenn.edu/ehrs-covid-19-safety-information

ESSENTIAL EMPLOYEE IN NEED OF A MASK?

Please visit the PSOM Security Operations Center at Stellar Chance Laboratories 1st Floor, Room 109

QUESTIONS? PSOMReady@pennmedicine.upenn.edu
Help FLATTEN the CURVE

6 ft.
Maintain Social Distancing
RESEARCH-RELATED CONSIDERATIONS REGARDING CORONAVIRUS COVID-19

- Establish a robust & clear communication & operations continuity plan for your group
- Consider the supply chains for your research efforts
- Discard unnecessary items from -80 & -20 freezers & liquid nitrogen storage locations
- Maintain a clean work environment
- Develop a concise and well-outlined plan for acute shutdown of laboratory functions
- Develop a communication strategy to keep human research participants informed

https://www.med.upenn.edu/evdcommunications/
Prevent the Spread

Follow these simple steps to protect yourself & others against the spread of germs

- Cover Coughs & Sneezes
- Stay Home When Sick
- Wash Your Hands
- Keep Surfaces Clean
- Avoid Touching Your Eyes, Nose & Mouth

For more helpful tips, please visit cdc.gov
SOCIAL DISTANCING

doesn't have to mean

DISCONNECTING

take time to

CHECK IN
Know the **SYMPTOMS** COVID-19*

- **FEVER**
- **COUGH**
- **SHORTNESS OF BREATH**

*May appear 2-14 days after exposure*

*This list is not all inclusive. Please visit [cdc.gov](https://www.cdc.gov) for more information*
TIPS FOR STAYING POSITIVE & HEALTHY DURING SOCIAL ISOLATION

1. Maintain a connection with the people you love, even if it can’t be a physical one.

2. Schedule these interactions.

3. Continue regular therapy but via telehealth instead of in person.

4. Use social media, but actively, not passively.

5. Replace lost physical contact.

Dr. Elizabeth Hunt & Dr. Lyle Ungar
Dept. of Psychology
School of Arts & Sciences

Perelman School of Medicine
University of Pennsylvania
1. Prioritize self-care by maintaining a healthy diet, exercise & sleep routine.

2. Increase awareness of anxiety-driven behaviors. Avoiding triggers of anxiety may help in the short run. But for long-run success, increase awareness and...

3. Reduce anxiety-driven behaviors. Then re-engage in routine (& CDC-approved!) activities to further reduce anxiety.

4. Build tolerance for uncertainty. Anxiety is a “future-focused emotion” so use this time to hone your mindfulness, which “promotes present-moment awareness.” (There's an app for that!)

5. Catch your thinking patterns. Anxiety-driven cognitions are not problem-solving; they’re just worrying. Don’t underestimate your resiliency!

Penn Behavioral Health
1-888-321-4433

by Dr. Lily Brown
Center for the Treatment & Study of Anxiety
Talking to kids about COVID-19

Tips by Caroline Watts, EdD, Graduate School of Education

1. Manage your own fears & feelings first

2. Be direct & reassuring

3. Model good behavior, & find ways to fit in fun

4. Discuss & plan what quarantine looks like for your family
A SIMPLE EXERCISE

To help stay calm in the face of COVID-19 uncertainty from Dr. Martin Seligman, director of Penn’s Positive Psychology Center.

1. Ask yourself, "What is the worst possible situation?"

2. Force yourself to think about the best outcome

3. Consider what’s most likely to happen

4. Develop a plan for the most realistic scenario

Penn Medicine
THANK YOU

Essential Employees

Data Processing & IT Support
Healthcare
Transportation & Delivery
Food Services
Housekeeping & Sanitation
Clinical Research
Public Safety & Security
Animal Care
Maintenance & Utilities