





STAY SAFE MN

COVID-19 Safety Tips for Community Health Workers

 Wear a mask.  Wash your hands.  Stay 6 feet from others.  Stay home if you are sick.

Before work

- Take your temperature before starting each work shift. Stay home if you have a fever or symptoms, such as a fever; cough; shortness of breath; chills; headache; muscle pain; sore throat; fatigue; congestion; or loss of taste or smell.

During work

- Promote prevention measures like social distancing, wearing a mask, and frequent hand washing.
- Wear protection, such as masks, gowns, gloves, and eye protection, including a face shield or safety glasses when working with community members, even after you have been vaccinated.
- Wash your hands:
 - Before: eating/prepping food, putting on and taking off masks, and assisting clients.
 - After: using the toilet, coughing, sneezing or blowing your nose, and assisting clients.

After work

- Get tested if you feel sick or have any symptoms of COVID-19.
- Wash your mask after each use or throw away single-use masks and disinfect your face shield or eye protection after each use.
- Take time to relax and release stress.



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Contact health.communications@state.mn.us to request an alternate format.