

NCCCS IIPS COVID-19 PROTOCOLS

All conference attendees must adhere to the following COVID-19 protocols as suggested by the CDC.

WEAR A MASK



- **Everyone should wear a mask in public settings**, especially when social distancing is difficult to maintain.
- At the time of publication of these protocols, there are **NO** mask mandates for Craven County, however, **IIPS is making wearing a mask indoors MANDATORY** for our conference.

SOCIAL DISTANCE



- **Put at least 6 feet** (about 2 arm lengths), when possible, of distance between yourself and people who do not live in your household.
 - » Remember that some people without symptoms may be able to spread virus.
 - » This is especially important for **people who are at increased risk for severe illness**.
<https://www.cdc.gov/coronavirus/2019-ncov/need-extra-precautions/index.html>.

WASH HANDS OFTEN



- **Wash your hands** often with soap and water for at least 20 seconds especially after you have been in a public place, or after blowing your nose, coughing, or sneezing.
- If soap and water are not readily available, **use a hand sanitizer that contains at least 60% alcohol**. Cover all surfaces of your hands and rub them together until they feel dry.
- **Avoid touching your eyes, nose, and mouth** with unwashed hands.

COVER COUGHS AND SNEEZES



- **Always cover your mouth and nose** with a tissue when you cough or sneeze or use the inside of your elbow.
- Immediately **wash your hands** with soap and water for at least 20 seconds. If soap and water are not readily available, clean your hands with a hand sanitizer that contains at least 60% alcohol.

KNOW HOW IT SPREADS

The virus is thought to spread mainly from person-to-person.



- » Between people who are in close contact with one another (within about 6 feet).
- » Through respiratory droplets produced when an infected person coughs, sneezes or talks.
- » These droplets can land in the mouths or noses of people who are nearby or possibly be inhaled into the lungs.
- » COVID-19 may be spread by people who are not showing symptoms.