



DURING THE TRIP HOME

Thank you for your work in North Carolina. Take good care of yourself during your trip home!

FACE MASK



Wear the face mask **throughout the whole trip** even when talking on the phone! This will significantly decrease risk of transmission.

If you need to take it off, make sure that you are outside of the bus and at least 2 meters from anyone else. The mask will

protect you most if you use it with with the plastic piece behind your head.



Remember: water droplets are produced when speaking, coughing or sneezing and increase the possibility of the virus entering the body.

Taking it off:



Don't touch the outside of the face mask, eyes, nose or mouth. Disinfect your hands.



HAND SANITIZER



Stop and ask yourself:

- Did I just use the bathroom?
- Am I about to eat?
- Did I just eat?
- Did I cough or sneeze?
- Did I touch things that others touched?
- Did I touch garbage?
- Did I touch or remove my face mask or eye shield?

WASH OR DISINFECT YOUR HANDS!



EYE SHIELDS/GLASSES

One way the virus enters the body is through the eyes. **Use the eye shield at all times when you are close to others!**



PREVENTION MEASURES:



Wear face mask



Wash or disinfect hands



Maintain social distance (at least 3 meters)



Monitor health status to detect COVID-19 symptoms



UPON ARRIVAL TO DESTINATION

Even if you feel well and have no symptoms, you could be infected and transmit it to others.

We know that it has been a long time since you have seen your loved ones. Remember that you may have been exposed to the COVID-19 virus during your trip home.

Upon arrival, it is recommended you minimize your contact with other people as much as possible. **Ideally, you would put yourself in quarantine for 14 days and have a COVID-19 test at the end of the 14 days.** If not possible, continue following prevention measures.



Caution! Even when you don't have symptoms, it does not mean you are not spreading the virus.



REMEMBER, IT IS NOT A SIMPLE COLD!

The COVID-19 symptoms can be like those of the flu and allergies. Be sure to monitor yourself for the symptoms mentioned to identify a possible COVID-19 infection and prevent the spread to others. One way to know if you have a COVID-19 infection is to get tested. But remember, **a negative COVID test does not necessarily mean you are COVID-free.**

COVID-19 Symptoms:



Fatigue



Headache



Loss of smell or taste



Diarrhea



Muscle pain



Cough



Nausea, vomiting or dizziness



Fever or chills *

* More than 50% of those infected never get a fever

PREVENTION MEASURES:



Use face mask



Wash or disinfect hands



Maintain social distance (at least 2 meters)



Monitor health status to detect COVID-19 symptoms

REMEMBER THAT BY PROTECTING YOURSELF, YOU PROTECT YOUR LOVED ONES!