

COVID-19 Risk Reduction Tips for In-House Facilities Maintenance



- **COVID-19 primarily spreads through person-to-person close contact (less than 6 feet).**
- **Maintenance workers will not be in close contact with residents.**
- **Becoming infected after touching a surface contaminated with coronavirus is not thought to be a main way of spreading the disease.**
- **Residents will conduct routine maintenance operations (e.g., HVAC filter changes, changing light bulbs, etc.) with guidance from, and materials delivered by the housing authority.**
- **The housing authority will assess whether in-house maintenance is required due to emergency, life/health/safety or urgent work needs.**

Information for Workers



- considered low risk for exposure as they will not be in close contact with residents
- no additional personal protective equipment (PPE) is recommended beyond that which would normally be used for the job
- work under the assumption that any housing unit may be contaminated with coronavirus
- wash or sanitize hands at least before and after entering the residence and practice social distancing (minimum 6 feet) from residents
- monitor your health and call your chain of command if you have any of these symptoms:
 - runny nose – sore throat – a general feeling
 - headache – shortness of breath of being unwell
 - cough – fever
- stay home if you are sick

Information for Residents



- let the housing authority know if you are ill and in need of maintenance
- clean and disinfect frequently touched surfaces (tables, door-knobs, light switches)
- open windows and air out your residence (if possible) before workers enter
- if workers must enter your residence for maintenance do not approach them, (do not hold the door for them to enter, shake hands, etc.) and keep at a distance of at least 6 feet
- keep all household pets in a secure area
- monitor your health and call your health care provider if you have any of these symptoms:
 - runny nose – sore throat – a general feeling
 - headache – shortness of breath of being unwell
 - cough – fever

References

CDC

<https://www.cdc.gov/coronavirus/2019-ncov/prepare/transmission.html>
<https://www.osha.gov/SLTC/covid-19/>
<https://www.cdc.gov/coronavirus/2019-ncov/prepare/disinfecting-your-home.html>

OSHA



For current COVID-19 information:

<https://phc.amedd.army.mil/covid19>
<https://www.coronavirus.gov>

The Military Health System Nurse Advice Line is available 24/7:

Call 1-800-874-2273 option #1
or visit <https://www.health.mil/I-Am-A-Media/Media-Center/NAL-Day-at-a-glance>

For more information, contact your installation's Department of Public Health.



Public Health
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Army Public Health

The Army COVID-19 Information Hotline:
1-800-984-8523
Overseas DSN 312-421-3700
Stateside DSN 421-3700