



My Holiday Pledge

Name: _____ Date: _____

I pledge to protect myself, my family, my co-workers and my residents from exposure to COVID-19 by choosing to do the following:

While at work:

- Wear the designated PPE appropriately (mask covering my nose and mouth)
- Perform hand hygiene with alcohol-based hand sanitizer in between resident care or interaction (or with soap and water for at least 20 seconds if my hands are soiled)
- Maintain a distance of at least 6 feet from staff and residents except when I am providing direct care to residents
- Support my co-workers to do the same

While outside of work:

- Self-monitor for signs and symptoms of COVID-19
- Wear a mask with two or more layers of washable, breathable fabric that covers my nose and mouth and that fits snugly against the sides of my face when I leave home
- Maintain a distance of at least 6 feet from anyone who doesn't live in my home
- Avoid crowds
- Avoid indoor spaces for gatherings, especially ones that aren't well-ventilated
- Perform hand hygiene often with alcohol-based hand sanitizer or with soap and water for 20 seconds regularly, especially on return home and before I eat

I understand that, in general, the closer I am standing or sitting to others and the longer I interact with them, the higher the risk is of spreading COVID-19.

I will consider before I decide to participate in an activity:

- How many people will be there and how well do I know these people?
- Will we be able to social distance and will others choose to wear a mask?
- If the activity is indoors, is the area well-ventilated (air circulating)?

If I think I may have been exposed to someone with COVID-19, I will tell _____
_____ and take precautions to prevent exposing someone else.