Prevent Worker Exposure to Coronavirus (COVID-19)

The novel coronavirus (officially called COVID-19) spreads from person-to-person, primarily through respiratory droplets and particles produced when an infected person exhales, talks, vocalizes, coughs or sneezes. Although less common, the virus can also spread when someone touches a contaminated surface or object and then touches their mouth, nose, or eyes.

Workers can follow these general practices to help prevent transmission of coronavirus:

- Wear a face covering that has at least two layers of tightly woven breathable fabric.
- Practice good personal hygiene and wash your hands often.
- Physically distance from others by maintaining at least six feet between yourself and co-workers/clients/customers.
- Stay home if you are sick.
- Wear all applicable personal protective equipment (PPE).
- Perform routine cleaning and disinfection.

Employers can adopt these practices as part of a COVID-19 Prevention Program:

- Assign a coordinator for COVID-19 issues.
- Identify where and how workers may be exposed at work.
- When making COVID-19 vaccines available, do so at no cost to eligible workers.
- Engage workers and worker representatives in the program’s development.
- Train workers on COVID-19 policies and procedures in a language they understand.
- Implement anti-retaliation protections for workers who raise COVID-19 related concerns.

For the latest guidance and other resources on protecting workers from coronavirus, visit OSHA’s Protecting Workers Guidance.