

Seminole State College

May 7, 2020

Continued Social Distancing Recommendations

- Maintain a distance of six feet from others at all times.
- Limit break rooms to single occupancy.
- Continue to use videoconferencing as an alternative to in-person meetings and group activities/lunches.
- Use meeting rooms as a last resort. If needed, maintain six feet of distance between individuals in conference rooms
- Limit elevators to single occupancy when possible.
- Thoroughly clean office spaces once per day including disinfecting surfaces, chairs, keyboards and light switches.
- Disinfect door handles, switches, buttons and other high-touch surfaces on a regular schedule throughout the day.
- Try to use paper towels or disinfectant wipes to open and close doors.
- Wash hands immediately after handling mail.
- Wearing a facemask is encouraged but is a personal choice.
- Avoid close contact with anyone who appears to be sick.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash.
- Avoid touching your eyes, nose, and mouth as much as possible.

Given coronavirus can spread through touch, the CDC is currently advising to wash your hands well and often with soap and water for at least 20 seconds. If soap and water are not available, hand sanitizer that contains at least 60% alcohol is a good alternative.

Stay home if you develop cold or flu-like symptoms.

Dr. Bill Knowles

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