Based on documents issued by the PA Department of Health and the Occupational Safety and Health Administration (OSHA) regarding the mitigation of the spread of Coronavirus (COVID-19), the following self-monitoring and social distancing guidelines are being recommended for all Department construction projects:

- **Self-Monitoring**
  - Cough or sneeze into your elbow.
  - Wash hands often with soap and water for at least 20 seconds. Use an alcohol-based hand sanitizer if soap and water are not available.
  - Avoid touching your eyes, nose and mouth with unwashed hands.
  - Clean surfaces frequently touched including door knobs, light switches, printers, and water cooler in project field offices along with cell phones and iPads.
  - If you are sick, stay home.

- **Social Distancing:** *Staying Away* from *Close Contact* in public places
  - Limit your exposure and keep your distance (about 6 feet) from others on the project (co-workers, contractors, property and business owners, project delivery drivers from material suppliers).
  - Avoid touching others or shaking hands.
  - Avoid using other workers’ phones, desks, offices, or other work tools and equipment when possible.
  - Only go into the project field office for essential functions. Do as much work from your vehicle as possible.
    - Ensure you charge your iPad and cell phone every night and have a car charger available for each device.
  - Project meetings should be virtually hosted. If a project meeting must occur on the project, it should occur outside.

For all PennDOT and contracted staff who are higher risk for serious illness from COVID-19 because of age or because of a serious long-term health problem, it is important for them to take actions to reduce the risk of getting sick with the disease as per [CDC guidance](https://www.cdc.gov/coronavirus/2019-ncov/). Should you need additional support services during this self-monitoring and social distancing period, visit the Pennsylvania Department of Health website, www.health.pa.gov, or call 1-877-PA-HEALTH (1-877-724-3258).