

**DATE:** March 15, 2020

**SUBJECT:** Self-Monitoring and Social Distancing Guidelines for Construction Projects

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](#). 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](http://www.health.pa.gov), or call 1-877-PA-HEALTH (1-877-724-3258).