



pennsylvania

DEPARTMENT OF TRANSPORTATION

**Adopt A Highway
COVID-19 Response**

Adopt A Highway activity within counties in the Yellow Phase:

- Within “Yellow” phase counties, all groups wishing to participate may do so.
- Supplies will be ordered by contacting the appropriate PennDOT county office by Thursday of each week, with pick up from that office on Friday.
- Supplies will be available ‘curbside’ at a pre-determined location at the PennDOT county office. There will be no direct contact between groups and the PennDOT staff.
- The AAH program will provide gloves, vests and bags. Masks and hand cleaner will not be provided by PennDOT and are the responsibility of the group.
- Supplies will be placed in a bag or container tagged with your group’s name for you to pick up.
- COVID-19 safety protocol brochures and guidance will be included with the supplies

While carrying out AAH activities, all CDC guidelines must be adhered to, including:

- Social distancing.
- Wearing of masks by individuals
- Washing hands frequently.
- Using hand sanitizer (provided by the group) whenever appropriate.

Included in this packet are recommendations provided by the Pennsylvania Department of Health and Keep America Beautiful.

Thank you for your participation and dedication!

Additional information can be found at:

<https://www.health.pa.gov/topics/disease/coronavirus/Pages/Coronavirus.aspx>

<https://www.cdc.gov/coronavirus/2019-ncov/index.html>

Personal Protective Equipment (PPE) Litter Cleanup Guidance

Personal protective equipment, commonly referred to as PPE includes face masks, single use gloves, and disinfectant wipes. Below are some recommendations for keeping you safe while picking up PPE litter.

- Since the PPE was irresponsibly littered you should assume it is contaminated.
- To minimize physical contact with the littered PPE, use a litter collection device such as a litter grabber, broom/shovel, litter stick, etc. to carefully pick up the PPE and place into a collection container. Don't have a litter grabber? Consider using old kitchen tongs that you can dedicate to litter collection.
- If using single use gloves, pick-up the PPE, place it in a litter collection container, and then remove your single-use gloves and dispose immediately after picking up the PPE. Be sure to follow the proper method of glove removal and disposal – see below. Replace your gloves if you plan to continue to pick up litter.
- In an abundance of caution or if you don't have work gloves or access to a litter collection device, carry a spray bottle of disinfectant. Prior to handling the littered PPE spray it with the disinfectant, let sit for the recommended time on the label, and then pick-up the "treated" PPE.
- Properly collected PPE should be disposed in litter collection bags/containers and placed into a proper trash can. PPE is considered municipal solid waste and does not need to be disposed of as medical waste.
- Immediately after picking up the littered PPE, wash your hands with soap and water or use hand sanitizer. Repeat when finishing your litter collection activities.
- If you encounter any medical or hazardous waste, firearms, or explosives report the location to local authorities and have them remove the littered items.

How to Remove Single Use Gloves

1. Grip one glove on the outside of the glove near the cuff.
2. Peel it down until it comes off inside out.
3. Cup the removed glove with your gloved hand.
4. Place fingers from your bare hand inside the cuff of the glove that you have on. Be sure to not touch any damp or contaminated areas of the glove.
5. Peel that glove off so that it comes off inside out, touching only the inside of the glove you are removing keeping the other glove inside it.
6. Dispose of the gloves in a trash container.
7. Wash your hands with soap and water or use a hand sanitizer if soap and water are not available.



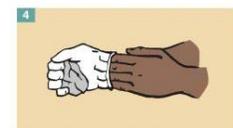
1 Grasp the outside of one glove at the wrist. Do not touch your bare skin.



2 Peel the glove away from your body, pulling it inside out.



3 Hold the glove you just removed in your gloved hand.



4 Peel off the second glove by putting your fingers inside the glove at the top of your wrist.



5 Turn the second glove inside out while pulling it away from your body, leaving the first glove inside the second.



6 Dispose of the gloves safely. Do not reuse the gloves.



7 Clean your hands immediately after removing gloves.

WHAT TYPE OF MASK DO I NEED?



HOMEMADE MASK OR PAPER MASK



WHO SHOULD WEAR:
General public

WHEN TO WEAR:
When a person can't perform social distancing; scarves and bandanas can be used if necessary.

USE LIMITATIONS:
Cloth masks should be washed after each use; don't wear damp or when wet from spit or mucus.

SURGICAL MASK



WHO SHOULD WEAR:
Health care workers and patients in health care settings

WHEN TO WEAR:
During single or multiple patient interactions or routine health procedures; recommended when N95s aren't available.

USE LIMITATIONS:
Ideally should be discarded after each patient encounter. Extended use is preferable to reuse.

N95 RESPIRATOR



WHO SHOULD WEAR:
Health care workers

WHEN TO WEAR:
Caring for patients with COVID-19 and performing procedures that put them most at risk of virus exposure.

USE LIMITATIONS:
Ideally should be discarded after each patient encounter. Extended use is preferable to reuse.

How to wear face cover:

- ✓ fit snugly but comfortably against the side of the face
- ✓ be secured with ties and ear loops
- ✓ include multiple layers of fabric
- ✓ allow for breathing without restriction
- ✓ be able to be laundered and machine dried without damage or change to shape



How to make a homemade mask (See below links):

CDC: <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/diy-cloth-face-coverings.html>

DOH: <https://www.health.pa.gov/topics/disease/coronavirus/Pages/Stop-the-Spread.aspx>

NY Times: <https://www.nytimes.com/article/how-to-make-face-mask-coronavirus.html>

PRACTICE SOCIAL DISTANCING To Prevent the Spread of COVID-19

- Keep at least 6 feet away from others
- Avoid congregating in common areas
- Do not overcrowd lunch and break spaces
- Limit to three in elevator cabin
- Note directional status of public stairwells
- Wear a mask to protect others



Limiting close contact with others will save lives

for more information visit: health.pa.gov



SYMPTOMS of COVID-19

Symptoms may appear 2 - 14 days after exposure to the virus.



Fever



Cough



Shortness
of Breath



Chills



Muscle Pain



Headache



Sore
Throat



Loss of Taste
or Smell

IF YOU HAVE ANY OF THESE SYMPTOMS,
STAY HOME!

for more information visit: health.pa.gov

HOW CAN I PROTECT MYSELF FROM COVID-19?

WASH YOUR HANDS!



**1 WET
HANDS**



**2 APPLY
SOAP**



**3 SCRUB
20 SECONDS**



**4 RINSE
UNDER
WATER**



**5 DRY WITH
CLEAN
TOWEL**



**CLEAN
HANDS!**

for more information visit: health.pa.gov