

# AVADE<sup>®</sup>

WORKPLACE VIOLENCE PREVENTION

## COVID-19 SAFETY PRECAUTIONS

Steps that can be taken to help **prevent** and **mitigate** the potential for **COVID-19** transmission to yourself & others.



- Be **AWARE** of yourself, others, & your environment. Have preplanned responses & be prepared.  
**Tip:** Be aware of the **COVID-19** symptoms: *runny nose, sore throat, cough, fever, difficulty breathing.*
- Utilize **VIGILANCE** by applying your training. Be *cautious, alert, & trust your intuition.*  
**Tip:** Be vigilant for exposure prevention. Spreading can occur through sneezing, coughs, & direct contact.
- Use **AVOIDANCE** by implementing the best self-defense, *don't be there when the attack takes place.*  
**Tip:** Washing hands with soap & water for *at least 20 seconds*, is the best avoidance.
- We can't avoid all situations, so we need to be able to **DEFEND** ourselves.  
**Tip:** Use distancing techniques or Personal Protective Equipment to aide in defense against exposure.
- Our **ENVIRONMENT** is always a factor. It can affect & influence us to include our survivability.  
**Tip:** Plan now! You may have to quarantine for up to *14-days in your home.* (Food, Water, Resources, etc.)

**AVADE<sup>®</sup> Training** Stands Committed to *Your Safety in the Workplace & the Lifeplace!*

**Education, Prevention, and Mitigation** for *Violence in the Workplace*

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