



PROTECT YOURSELF AT WORK



Clean hands

1

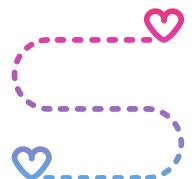
- Soap & water or hand sanitizer
- Clean under nails
- Scrub all over for 20 seconds
- Dry with clean paper towel
- Turn off faucet with paper towel
- Don't touch face



Cover coughs & sneezes

4

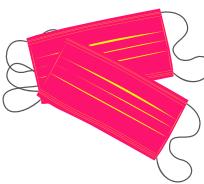
- Sneeze or cough into elbow or tissue
- Throw used tissue in trash
- Immediately wash hands



Social distance

2

- Stay 6 ft. apart as much as possible
- One at a time in break room, bathroom, offices, etc.
- Do not eat in break rooms with others
- Stagger lunches and breaks



3

Wear cloth face cover

- You can have the virus and not have any symptoms
- You can spread the virus even if you don't feel sick
- Wear at work & public places
- Stay 6 ft. away from others even when wearing face cover
- DO NOT use a healthcare mask. There is a shortage.



Clean & disinfect surfaces

5

- Daily
- All frequently touched surfaces
 - Tables, doorknobs, light switches, countertops, handles, desks, phones, keyboards, toilets, faucets, sinks, etc.
- If visibly dirty, clean before disinfecting



6

Stay home when sick

- If you have any symptoms, stay home
- Check for fever, cough, trouble breathing
- Talk to supervisor
- Call Dr. for guidance
- Call 9-1-1 in emergency