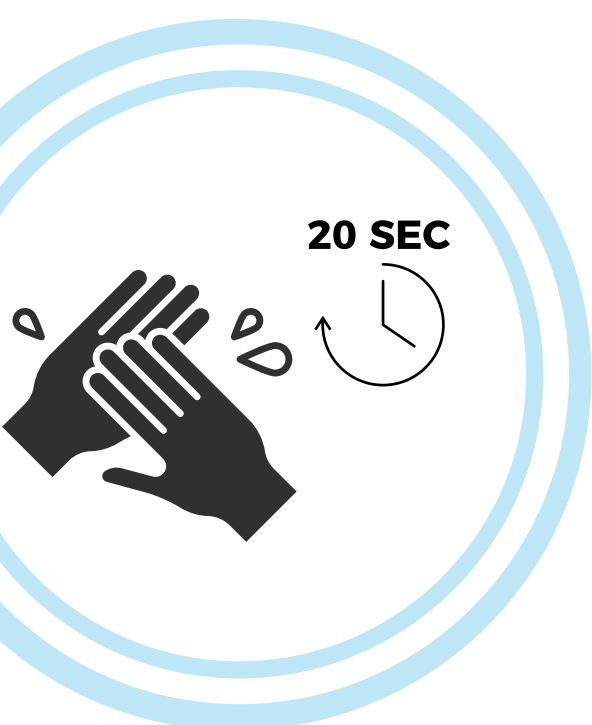


Help prevent the spread of the flu & respiratory viruses

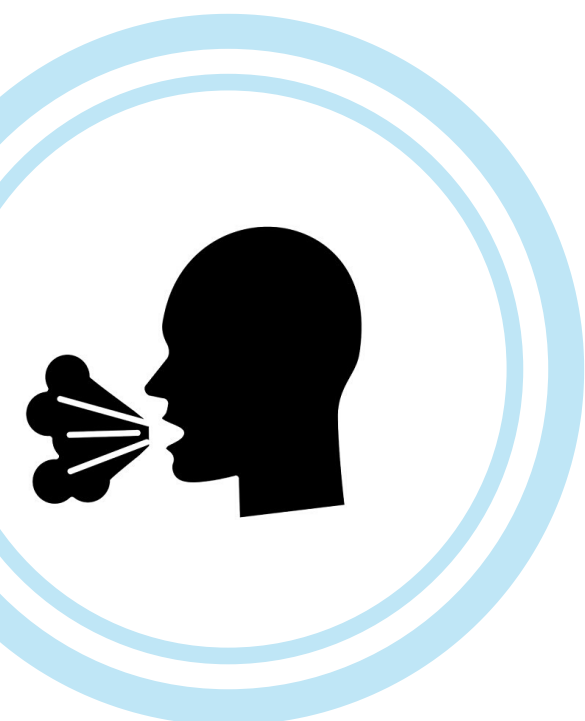


WASH YOUR HANDS OFTEN

Wash your hands often with soap and water for at least 20 seconds or use an alcohol-based sanitizer if water is not available.

STAY HOME IF YOU ARE SICK

Not feeling quite up to snuff? Take sick leave. Avoiding contact with others will drastically reduce contaminating others and reduce the stress of others if they see/hear you feeling unwell.



COVER YOUR COUGH OR SNEEZE

Cover your cough or sneeze with your bent elbow or a tissue and then throw the tissue away immediately. By following good respiratory hygiene, you protect the people around you.

CLEAN & DISINFECT YOUR EQUIPMENT

Practice additional regular washing for all your hand straps on equipment and wipe down each surface.

