Stop the Spread

6 things you can do in the workplace to minimize the spread of COVID-19

SEACOAST
— *Chamber Alliance* —

Wash your Hands

Wash your hands frequently throughout the day with soap and water for at least 20 seconds. Or use an alcohol based hand sanitizer.

Stay Home When Sick

If you feel sick, stay home to prevent the spread of germs. Remain at home until better. Contact a physician if you are experiencing COVID-19 related symptoms and get tested.

Mask Up

When in public, or in close proximity to others, ensure that you wear a mask to protect both yourself and others from spreading potential germs.

Disinfect

Regularly clean and disinfect your work area, desk, phone and any other frequently touched surfaces.

Don't Touch

Avoid touching your face, nose, eyes and mouth to prevent the spread of germs from contaminated surfaces from entering your body.
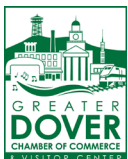
6'

Maintain a 6 foot distance, approximately 2 arms length, between yourself and others. Avoid large crowds and busy areas if possible.

Social Distance

BEA
New Hampshire Department of **BUSINESS AND ECONOMIC AFFAIRS**

GREATER DOVER CHAMBER OF COMMERCE & VISITOR CENTER

EXETER AREA CHAMBER OF COMMERCE

HAMPTON Area Chamber Of Commerce

The Chamber **COLLABORATIVE** of Greater Portsmouth

GREATER ROCHESTER CHAMBER OF COMMERCE

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