

STAYING SAFE FROM COVID-19

How do you protect yourself and your family from COVID-19? Here are some tips for minimizing your risk of catching the virus.



IN GENERAL

AVOID DIRECT CONTACT WITH OTHERS.

PRACTICE 6-FOOT SOCIAL DISTANCING WHENEVER POSSIBLE.

COVER YOUR NOSE AND MOUTH WITH A CLOTH FACE COVERING WHEN YOU'RE AROUND OTHER PEOPLE.

WASH YOUR HANDS WITH SOAP AND WATER, FREQUENTLY AND THOROUGHLY—FOR AT LEAST 20 SECONDS.

AVOID TOUCHING YOUR FACE.

COVER COUGHS AND SNEEZES AND WASH YOUR HANDS AFTER YOU DO.

CLEAN AND DISINFECT FREQUENTLY TOUCHED SURFACES AND OBJECTS.

IF YOU'RE SICK, STAY HOME!

PARTNER LOGO CAN GO HERE



AT WORK

ALWAYS FOLLOW CURRENT PPE RECOMMENDATIONS.

WHEN PREPARING FOR WORK:

- If it's feasible, consider bringing clean clothes and shoes to change into before you leave work.
- Bring a bag for dirty clothes.
- If your hair is long enough to pull back, do so.
- Leave all jewelry at home.
- Consider wearing glasses instead of contact lenses to decrease the need to touch your face.
- Stock your car with disinfecting wipes and hand sanitizer.

BEFORE LEAVING WORK:

- Consider changing into clean clothes and shoes.
- Disinfect your phone, ID badge, eyewear, and any equipment you use regularly.
- Clean your hands with soap and water or hand sanitizer.

