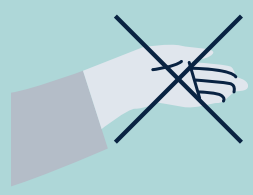
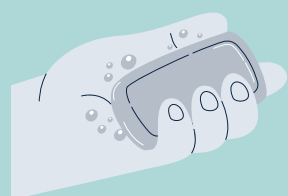


# Help Keep Our Workplace Safe!

## Practice good hygiene



Stop hand shakes and use **non-contact greeting methods**



**Wash hands regularly** with soap and water for 20 seconds or use hand sanitizer



**Disinfect surfaces** like tables, desks, telephones, and computer equipment



**Avoid touching your face** and cover your coughs and sneezes

## In common areas...

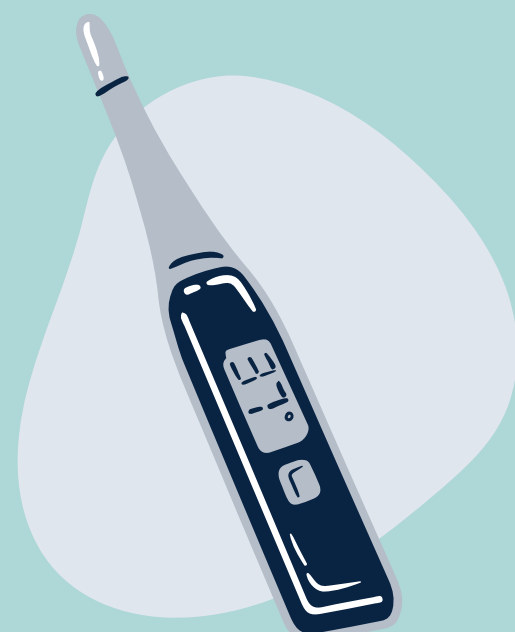
Avoid crowded places, mass gatherings, and close contact (within 6ft) with other

Cover your mouth and nose with a cloth face cover when around others



## Stay home if...

- You are **feeling sick**
- You have come in contact with someone who is sick



## Take care of your emotional and mental well-being

Outbreaks are a stressful and anxious time for everyone. .Maintain a healthy lifestyle; attention to rest, diet, exercise and relaxation helps maintain physical and emotional health.