



HELP STOP THE SPREAD OF GERMS

Wash Your Hands



Wash your hands often with soap and water for at least 20 seconds.

Use an alcohol-based hand sanitizer that contains at least 60% alcohol if soap and water are not available. Use a paper towel to dry your hands, open the restroom door and finish by throwing it away in your work space. This is a good overall practice.

Avoid touching your eyes, nose, and mouth with unwashed hands.

Avoid close contact with people who are sick.



Cover Your Mouth

Cover your cough or sneeze with a tissue, then throw the tissue in the trash. If you do not have a tissue, sneeze into the sleeve of your shirt as a last resort.

Clean and disinfect frequently touched objects and surfaces.

Stay Home!

Stay home when you are sick. You have PTO days, USE THEM...Health is more important than vacation. If you have a temperature, chances are you are infectious. Stay home and away from others until you are fever free for at least 24 hours.

