Your Health is Important. Your Work is Vital to Our Community. Protect Yourself.

WHAT IS COVID-19?

Coronavirus
disease 2019 is
a respiratory
illness that can
spread person to
person.

Symptoms:
fever
cough
trouble breathing

AVOID close contact with people who are sick.





AVOID

touching your eyes, nose, and mouth.

STAY HOME

when you are sick to protect your coworkers and your health.





Cough or sneeze into your **ELBOW** or a **TISSUE** to reduce the number of germs spread.

DISINFECT

frequently touched objects and surfaces.



*Center for Disease Control Does NOT recommend the use of facemasks for the general U.S. public to prevent the spread of COVID-19

5 STEPS

to wash your hands correctly.



WET

your hands with clean, running water.
Turn off the tap and apply soap.



LATHER

your hands by rubbing them together with soap. Be sure to lather the backs of your hands, between your fingers and under your nails.



SCRUB

your hands for at least 20 seconds. Need a timer? Hum the "Happy Birthday" song twice.



RINSE

well under clean, running water.



DRY

hands on a clean towel or allow them to air dry.





For more information, visit the Center for Disease Control at www.cdc.gov/COVID19 or call their 24/7 hotline 1-800-232-4636.