

Help Prevent the Spread of Respiratory Viruses

Including the Flu and Coronavirus



STAY HOME IF YOU ARE SICK

and contact your supervisor.



WASH YOUR HANDS OFTEN WITH SOAP AND WATER

for at least 20 seconds. Use an alcohol-based hand sanitizer if soap and water are not available.



COVER YOUR COUGH OR SNEEZE WITH A TISSUE

then throw the tissue in the trash. Follow with hand washing or sanitizing. If you don't have a tissue, cough or sneeze into your upper sleeve, not your hands.



AVOID CLOSE CONTACT

with people who are sick.



CLEAN AND DISINFECT

frequently touched objects and surfaces such as cell phones, keyboards and doorknobs.



AVOID TOUCHING YOUR EYES, NOSE AND MOUTH

with unwashed hands.

Expect more.
Benefit more.