

Top 5 Tips to Stay Safe

FOR EMPLOYEES

Staying safe and reducing your risk of getting sick comes down to practicing these 5 tips **together, frequently and consistently**, even if you don't feel sick or have symptoms.



Remember the basics: cover and wash.

Coughing and sneezing easily spreads germs through respiratory droplets, which can travel up to 6 feet or more. Reduce the spread by:

- Frequently washing hands for 20 seconds or using an alcohol-based hand sanitizer.
- Covering your nose and mouth when you cough or sneeze.



Follow the 6 foot rule.

Keeping a safe physical distance provides a buffer to others and decreases the chances of respiratory droplets landing on you.



Wear a mask indoors and around others.

You may be a carrier of the virus and not know it. Virus symptoms present differently for everyone, including not showing symptoms at all. Wearing a mask helps protect you and those around you, particularly if you can't keep a 6-foot distance.



Disinfect high-touch surfaces frequently.

The virus may linger on surfaces for hours or up to several days. Frequently disinfecting countertops, doorknobs, faucets and other shared surfaces reduces exposure.



Stay home when sick.

Stay home. Check your symptoms. Talk to your employer about your symptoms and policies for staying or working from home so you don't put others or the business at risk.