

# COVID-19 PREVENTION


You can help protect yourself,  
your family and your co-workers!

**1**




Stay home if you are sick or have a fever.

**2**



Frequently wash your hands with soap and water for at least 20 seconds.

**3**



Cover your cough or sneeze with a tissue... and then discard it.

**4**



Don't touch your mouth, nose or eyes with unwashed hands.

**5**



Clean and disinfect your workspace and commonly used items.

**6**



Bump elbows, bump fists, but don't shake hands.