

Protect yourself and your family!

Stop the spread of COVID-19 by following these important measures all the time.

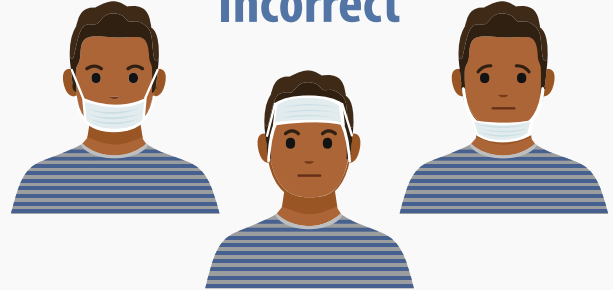
Correct



WEAR A MASK and wear it correctly!

Wear a mask when you are within 6 feet of other people.

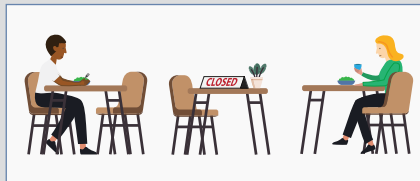
Incorrect



SOCIAL DISTANCE

Maintain a **6-foot distance**, when possible. This includes in your work area, break rooms, and lunch areas.

You are at higher risk when you are not masked and near other people (for example, eating lunch at the same table).



WAVE HELLO

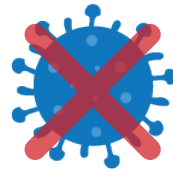


Say hello or introduce yourself with a wave or head nod.

Do not shake hands.

WASH

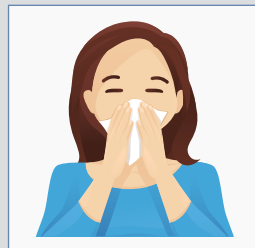
Clean your hands with soap and water, or hand sanitizer, **many times every day.**



COVER

Cough or sneeze **into your sleeve, elbow, or a tissue.**

Throw the tissue in the trash.



CHECK SYMPTOMS

Monitor yourself and your family for symptoms.

If symptoms develop, **isolate yourself** right away and **get tested.**

