

RESPECT & PROTECT

Help keep yourself and others safe by practicing good hygiene and taking steps to prevent the spread of illness:

- **WASH YOUR HANDS** – Scrub with soap frequently or use an alcohol-based sanitizer when soap is not available.
- **COVER YOUR COUGH/SNEEZE** – Use a clean tissue or cough/sneeze into your elbow (never your hands).
- **KEEP YOUR WORKSPACE CLEAN** – Regularly disinfect your work area and other high-touch surfaces.
- **STAY HOME WHEN SICK** – If you are feeling unwell, do not come into work. Consult your healthcare provider to determine how long you may be contagious.



Total health