



Keep yourself and others safe from COVID-19 when returning to work

Clean your hands often



- ✓ Wash your hands often with soap and water for at least 20 seconds especially after you have been in a public place, after blowing your nose, coughing, or sneezing, and after using others' or shared equipment.
- ✓ If soap and water are not readily available, use a hand sanitizer that contains at least 60% alcohol.
- ✓ Avoid touching your eyes, nose, and mouth with unwashed hands.

Avoid close contact



- ✓ Put distance (at least 6 feet) between yourself and other people.
- ✓ Wear cloth face coverings (if appropriate) when social distancing is difficult to maintain.
- ✓ Avoid using other employees' phones, desks, offices, or other work tools and equipment, when possible. Clean and disinfect between employees if sharing occurs.
- ✓ Remember that some people without symptoms may be able to spread virus.

If you are at increased risk for severe illness...



- ✓ Contact management to request special accommodations that will allow you to perform your job duties safely.



Protect yourself and others from COVID-19 by taking everyday preventive actions.



cdc.gov/coronavirus