

Help Prevent the Spread of Respiratory Viruses

including the Flu and Coronavirus



Stay home if you're sick

Contact your supervisor or P&C representative if you have any questions.



Wash your hands with soap & water often

Wash for at least 20 seconds. Use an alcohol based hand sanitizer if soap and water are not available.



Cover your coughs & sneezes with a tissue

Follow with hand washing or sanitizing. If you don't have a tissue, cough or sneeze into your elbow.



Avoid close contact

Limit your exposure with people who are sick.



Clean & disinfect

Clean frequently touched objects and surfaces such as cell phones, keyboards and doorknobs.



Avoid touching your eyes, nose, & mouth

If you need to touch your face, use a tissue & then dispose of it.