PLEASE PROTECT YOURSELF AND COWORKERS FROM COVID-19

Stay home if you have any of these symptoms:

- fever
- shortness of breath
- cough

Other symptoms:

- chills
- repeated shaking with chills
- muscle pain
- headache
- sore throat
- loss of taste or smell

Stay home if you have any of these symptoms:

- fever
- shortness of breath
- cough

Wash your hands often for 20 seconds.

- This is about as long as singing the “Happy Birthday Song” twice.

DO wear a fabric mask safely.

- Always wash your hands before and after wearing a mask.
- Use the ties or loops to put your mask on and pull it off.
- Don’t touch the front of the mask, especially when you take it off.
- Put on and remove your mask while inside your home. Public transportation, elevators and stairwells can be high-contamination areas.
- Wash and dry your cloth mask daily and keep it in a clean, dry place.
- Remember that masks offer only limited protection and work best in combination with hand washing and physical distancing.

DON’T:

- Wear the mask below your nose.
- Leave your chin exposed.
- Wear your mask loosely with gaps on the sides.
- Wear your mask so it covers just the tip of your nose.
- Push your mask under your chin to rest on your neck.