

COVID-19 in the Workplace: Prevention Is Key

Tips to Protect Yourself (And Others) From Illness



Wash your hands often — and for at least 20 seconds — with soap and water.



Avoid touching your eyes, nose and mouth with unwashed hands.



Stay home when you're sick.



Cover your mouth when you cough, or sneeze into a tissue and throw the tissue in the trash.



Clean and disinfect frequently touched objects and surfaces such as television remotes, mobile phones, earphones, desk surfaces and your computer mouse, door handles and knobs.



The CDC's Guide to Washing Your Hands

1

Wet your hands with clean, running water (warm or cold), turn off the tap, and apply soap.

2

Lather your hands by rubbing them together with the soap. Lather the backs of your hands, between your fingers, and under your nails.

3

Scrub your hands for at least 20 seconds. Need a timer? Hum the "Happy Birthday" song from beginning to end twice.

4

Rinse your hands well under clean, running water.

5

Dry your hands using a clean towel or air dry them.

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