

REDUCE YOUR RISK

**TAKE SIMPLE STEPS TO REDUCE
THE SPREAD OF GERMS**



**Stay home when
you are sick.**



**Keep your
workstations clean.**



**Wash your hands
frequently with soap
and water for at least
20 seconds.**



**Social distancing
of at least six (6)
feet at all times.**



**Use an alcohol based
hand sanitizer with
at least 60% alcohol.**



**Cover your cough
or sneeze with a tissue,
then throw the tissue
in the trash.**



**Cough or sneeze
into your elbow if you
do not have a tissue.**

Symptoms of COVID-19 may appear 2-14 days after exposure & can include:

- Dry Cough
- Shortness of breath or difficulty breathing
- Fever
- Chills
- Repeated shaking with chills
- Muscle pain
- Headache
- Sore throat
- Loss of taste or smell