

# Measures to Prevent Infection at Work and at Home

Even at home, you can do your part to stop the spread of COVID-19

## Follow public health guidelines for Stopping the Spreading of Germs

- Avoid close contact with people who are or may be sick
- Cover coughs and sneezes with your elbow or arm if a tissue is not available. If using a tissue, immediately throw the tissue in the trash
- Avoid touching your eyes, nose, and mouth
- Practice proper handwashing - wash your hands often with soap and water for at least 20 seconds
- Change out of and immediately wash work clothes once you get home and before contact with family members. Wash hands immediately after changing clothes
- As much as possible, practice social distancing outside of work
- Try to minimize non-essential trips outside the home
- Stay home when you are sick, except to receive medical care
- Clean and disinfect frequently touched objects and surfaces
- Take care of yourself – mind and body. Try to get enough sleep, eat well, and exercise



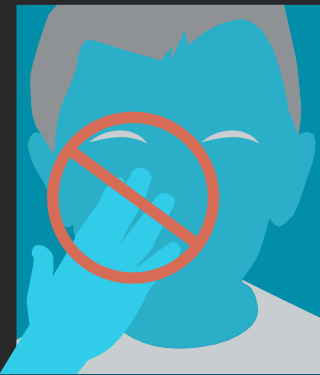
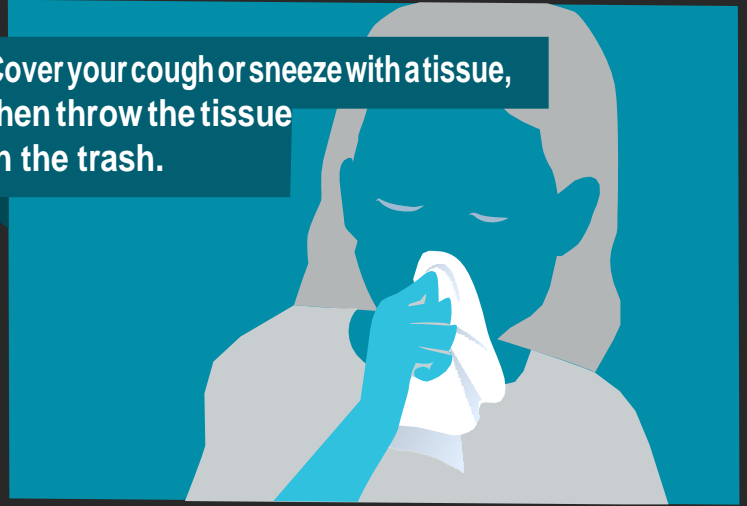
# Stop the Spread of Germs

Help prevent the spread of respiratory diseases like COVID-19.

Avoid close contact with people who are sick.



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



Avoid touching your eyes, nose, and mouth.



When in public, wear a cloth face covering over your nose and mouth.

Clean and disinfect frequently touched objects and surfaces.



Stay home when you are sick, except to get medical care.



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



[cdc.gov/coronavirus](https://www.cdc.gov/coronavirus)