COVID-19: Safety and Readiness Tips

Source: www.cdc.gov

**Social Distancing**
- Maintain at least 6 feet from customers and co-workers
- If you are sick or feeling ill, stay home

**Personal Hygiene**
- Wash your hands often for at least 20 seconds, use soap and water OR hand sanitizer
- Avoid touching your eyes, nose, and mouth with unwashed hands
- Cover your mouth and nose with a tissue when you cough or sneeze. Use the inside of your elbow to cough or sneeze into

**The Ways to Catch the Virus**
- The virus is thought to be spread between people who are in close contact
- Through respiratory droplets produced when a person coughs or sneezes
- Clean your working surfaces often to avoid spreading the virus

**Signs & Symptoms of a COVID-19 case**
- COUGH
- FEVER (100.4°F)
- TIREDNESS
- DIFFICULTY BREATHING
- SYMPTOMS 2-14 DAYS (After Exposed)