COVID-19: Safety and Readiness Tips

Social Distancing
Maintain at least 6 feet from customers and co-workers

Personal Hygiene
Your safety is in YOUR hands!
- 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)