COVID-19: Safety and Readiness Tips

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

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)

Source: www.cdc.gov