DON’T SPREAD GERMS - WASH YOUR HANDS!

6 Steps to Flush Germs Down the Drain

1. WET
2. SOAP
3. WASH FOR 20 SECONDS
4. RINSE
5. DRY
6. TURN OFF WATER WITH PAPER

WORKPLACE TIPS

CREATE PHYSICAL DISTANCE:
- Do early morning check in on how to divide tasks using video conferencing, cell phone, etc.
- Shift work schedules to have fewer employees at one time.
- Stagger break times to have fewer people together in the break room.

CLEAN AND DISINFECT FREQUENTLY:
- Wash your hands, including between fingers, backs of hands, and under nails.
- Clean and disinfect break areas after use.
- Disinfect commonly touched objects (phones, computer keyboards, door knobs, other shared equipment).
- Avoid touching your face.

STAY HOME IF YOU ARE ILL, EVEN IF YOU THINK IT IS JUST A COLD.

More resources available at: umash.umn.edu/covid-19-resources

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