

DON'T SPREAD GERMS - WASH YOUR HANDS!

6 Steps to Flush Germs Down the Drain



WET



SOAP



**WASH
FOR 20 SECONDS**



RINSE



DRY



**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.
- ◆ Maintain a 6 ft distance between people and wear a cloth mask if you cannot work alone.



CLEAN AND DISINFECT FREQUENTLY:

- ◆ Wash your hands, including between fingers, backs of hands, and under nails.
- ◆ Clean and disinfect break areas after each use.
- ◆ Disinfect commonly touched objects daily (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.**

LEARN HOW TO PROTECT YOURSELF AND
WHAT TO DO WHEN YOU ARE SICK

Access regional resources at:
umash.umn.edu/covid-19-resources



UPPER MIDWEST AGRICULTURAL SAFETY AND HEALTH CENTER (UMASH)
This project was funded in part by UMASH through a cooperative agreement from NIOSH/CDC, U54OH010170 and by the MDH through a cooperative agreement from CSTE/CDC 5U38OT000143. The contents are solely the responsibility of the authors and do not necessarily represent the official views of CDC.

Revised May 2020