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.
- 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)

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