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

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 MORE ABOUT WHAT TO DO WHEN YOU ARE SICK:
- Centers for Disease Control and Prevention
- Minnesota COVID-19 Response

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

UPPER MIDWEST AGRICULTURAL SAFETY AND HEALTH CENTER (UMASH)
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