Stop the Spread of Germs at Work

STOP THE SPREAD OF GERMS AT WORK



COVER YOUR MOUTH AND NOSE WHEN YOU SNEEZE OR COUGH.

Cough or sneeze into a tissue and then throw it away; use your arm or sleeve to cover if you do not have a tissue.

CLEAN YOUR HANDS OFTEN. •

Wash your hands with soap and water, vigorously rubbing together front and back for 20 seconds. Or use alcoholbased hand sanitizers, rubbing hands until they are dry.





CLEAN SHARED SURFACES AND EQUIPMENT OFTEN.

Use disinfectants to clean commonly touched items such as doorknobs, faucet handles, copy machines, coffee pot handles, desktops, handrails, microwave buttons,