



# BEATING THE 19

TAKING CARE OF YOURSELF & OTHERS DURING THE COVID-19 RESPONSE

## THE GOLDEN RULES:

- Avoid close contact with people who are sick
- Avoid touching your eyes, nose, and mouth
- Stay home if you are sick
- Clean & disinfect household/office items

## Use Trusted Sources

Visit [www.cdc.gov](http://www.cdc.gov) today to read updated reports and news on health and safety

## AVOID HANDSHAKING!

Flu viruses spread quickly with *palm-to-palm* contact. Use a fist bump, head nod, elbow bump, a bow, etc. Get creative if you need to!

## WASH HANDS THOROUGHLY

Wash with soap for 10-20 seconds under hot water. 60+% alcohol-based hand sanitizer is also effective. Clean your hands after every public activity!

## THE DREADED GAS STATION

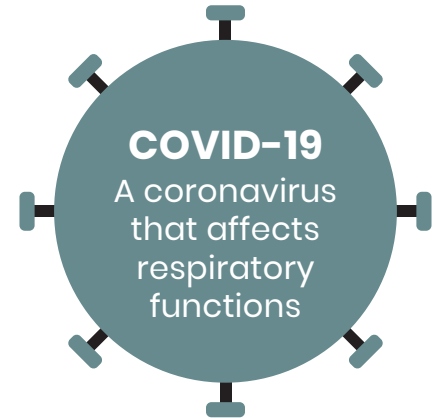
You still have places to be, and your car will take you there. Therefore you have to refuel eventually— *at germ central*. Keep sanitizer in your car and apply after using a gas pump!

## TISSUES, YOUR NEW MULTI-TOOL

Use a *fresh* tissue to trap a sneeze, grip a gas pump handle, wipe your face, to clean your desk space, and so much more. Keep a travel pack on hand at all times in your bag *and* car!

## IS A MASK WORTH IT?

Actually, no. But if it makes you feel better? Sure, go ahead! The COVID-19 virus spreads through large droplets, therefore airborne risk is at a *very* close proximity. Obviously, be on alert when someone nearby is coughing openly and aggressively, but protecting your hands will assist *far more* than a mask.



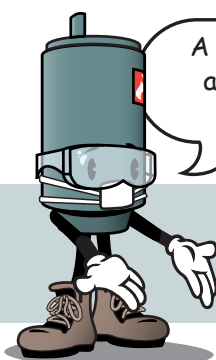
## IF YOU ARE SICK

**Don't panic!** Not every illness is COVID-related.

Most importantly, **do not self-diagnose.**

Acknowledge symptoms, contact your physician, explain your situation in full detail, then follow their advised procedure to treat your sickness.

**Do not put others at risk.**



A mask is more useful if you **are** sick and want to prevent those who live with you from getting sick too

For any questions or concerns about workplace health and safety, please contact **Jeff Trout**, Corporate Safety Manager.

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