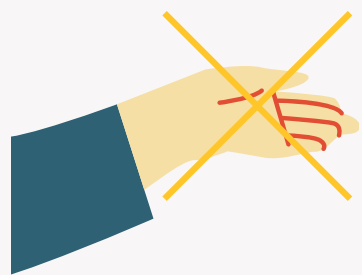


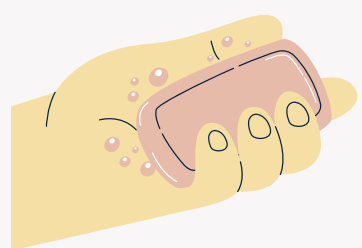
# Procedures for Essential Workers Under COVID-19

*It's everyone's responsibility to help stop the spread of coronavirus and maintain a safe and clean workplace.*

## Practice good hygiene



Don't use hand shakes. Instead, use **non-contact gestures** like waving.



**Wash hands with soap** before and after meal and restroom breaks.



**Avoid touching your face** and cover your coughs and sneezes.



**Wear a cloth mask, scarf or handkerchief** to cover your nose and mouth while at work.

## Practice physical distancing

While at work maintain at least **6 feet of physical distance** from others.

Avoid congregating in the break room or other crowded places.



## Stay home if...

- You are **feeling sick**
- You have a **sick family member** at home



## Take care of your emotional and mental well-being

Outbreaks are a stressful and anxious time for everyone. We're here to support you!

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