

# Ways to Prevent the Spread of COVID-19

*We have all had to make significant behavioral changes to reduce the spread of COVID-19. To reopen America, we will need to continue these practices:*

## Stay home when sick

Anyone with even a mild cough or low-grade fever (between 98.7 °F and 100.4 °F and lasts for more than 24 hours) should stay home.



## Wash your hands frequently

Or use alcohol-based (at least 60% alcohol) hand sanitizer when soap and water are not available.



## Wear cloth face coverings

Especially when moving around common areas.



## Avoid touching your eyes, nose, and mouth

Germs can be easily spread by touching your face with unwashed hands after touching contaminated surfaces or objects.



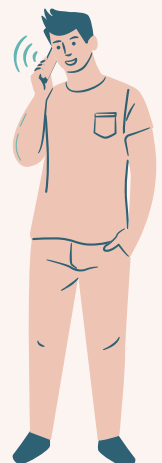
## Clean and disinfect frequently touched objects and surfaces

Clean your personal workspace at the beginning and end of every shift. Avoid sharing tools with coworkers.



## Other practices that reduce the potential for exposure

- Reduce the use of porous materials used for seating.
- Leave some doors open to reduce touching by multiple people.
- Open windows to improve ventilation.
- Remove objects in your common areas, like coffee creamer containers.



## Practice social distancing

Specifically, stay 6 feet away from others when you must go into a shared space.

