

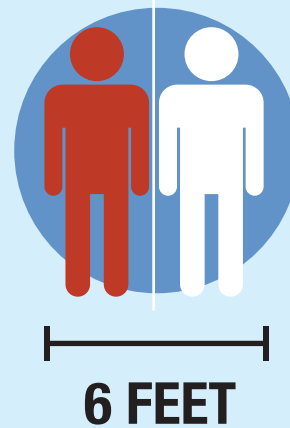
# COVID-19: Safety and Readiness Tips

source: [www.cdc.gov](http://www.cdc.gov)

## Social Distancing



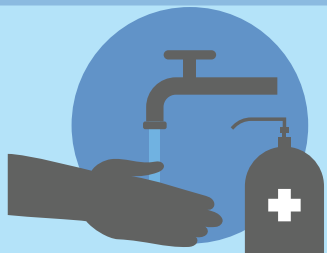
If you are sick or feeling ill, **stay home**



Maintain at least **6 feet** from customers and co-workers

## Personal Hygiene

Your safety is in **YOUR** hands!



**WASH YOUR HANDS**

Wash your hands often for at least **20 seconds**, use **soap and water** OR hand sanitizer



**AVOID TOUCHING**

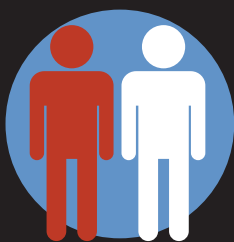
Avoid touching your eyes, nose, and mouth with unwashed hands



**COVER YOUR MOUTH**

Cover your mouth and nose with a tissue when you cough or sneeze. Use the inside of your elbow to cough or sneeze into

## The Ways to Catch the Virus



The virus is thought to be spread between people who are in **close contact**



Through respiratory **droplets** produced when a person **coughs or sneezes**



**Clean** your working surfaces often to avoid spreading the virus

## Signs & Symptoms of a COVID-19 case



**COUGH**



**FEVER**  
(100.4° F)



**TIREDFNESS**



**DIFFICULTY BREATHING**



**SYMPTOMS**  
**2-14 DAYS**  
(After Exposed)