

Tips for Maintaining a Healthy Work Environment

- 1 Wash your hands often with soap and water for 20 seconds or happy birthday song twice.
- 2 Avoid contact with people with cold or flu-like symptoms.
- 3 Cough/sneeze into a tissue then throw the tissue in the trash.



- 4 Clean and disinfect objects and surfaces.
- 5 Avoid touching your eyes, nose, and mouth.
- 6 Call your primary care physician or use telemedicine if you are experiencing flu-like symptoms.
- 7 Avoid shaking hands, elbow bump instead.