

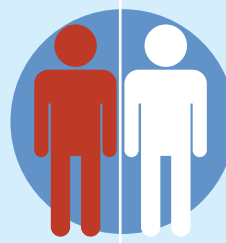
COVID-19: Safety and Readiness Tips

source: www.cdc.gov

Social Distancing



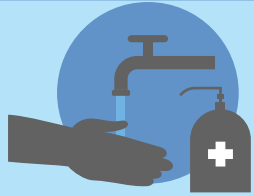
If you are sick or feeling ill, **stay home**



6 FEET

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

Personal Hygiene



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

Your safety is in YOUR hands!

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



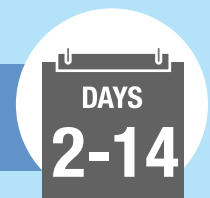
FEVER
(100.4° F)



TIREDNESS



DIFFICULTY BREATHING



SYMPTOMS
2-14 DAYS
(After Exposed)