

Stay Healthy

Prevent the Spread of Coronavirus



Wash your hands often with soap and water for 20 seconds – including in between your fingers and under your nails.



Use alcohol based hand sanitizer if soap and water are not available (If stores are out of stock, you can make your own with 60% rubbing alcohol and 40% aloe vera gel).

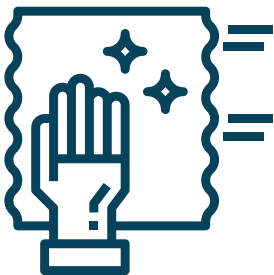


Keep anti-bacterial gel or spray in your car, truck, and bag and at your desk and use it often.

Avoid person-to-person contact including, handshakes, hugs and fist-bumps.

Avoid touching your eyes, nose and mouth.

Cough or sneeze into your elbow or tissue – not your hands or in the air.



Use Clorox wipes to clean your work area often (the office will provide supplies).

Use Clorox Wipes at home on doorknobs, light switches and frequently touched areas.



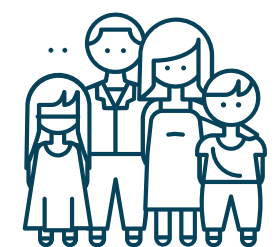
If you don't feel good – stay home and call your manager or HR.

If you have a fever or flu symptoms, call your health care provider for further instructions, then call your manager or HR.



If you are asked to self-quarantine, notify your manager or HR.

If you have travelled to another country within the last two weeks, please let your manager or HR know.



Share information with your children and anyone living in your home on these best practices to keep healthy. Providing clear information will help us get through this health issue calmly.