

We're all in this together

Here are handy tips for successful social distancing as we fight the spread of COVID-19.

Keep your distance.

- Email or call. Avoid in-person meetings.
- Create space. Maintain a minimum distance of six feet from others.
- Have an unavoidable in-person meeting? Keep it short. Remain standing.
- Hands off! Don't touch another person's desk or equipment.

Clean your hands OFTEN.

- Wash your hands with soap and water for at least 20 seconds.
- Use hand sanitizer that contains 60% alcohol. Rub your hands together until they feel dry.
- Clean your hands when you enter a room AND when you leave.

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

Cover coughs and sneezes.

- Use a tissue, then put it in a wastebasket. Time to clean your hands again.
- If you don't have a tissue, cough or sneeze into your upper sleeve.

Smile!

- Stay safe.
- Stay positive.
- Stay healthy!