

# REDUCE YOUR RISK

## PRACTICE EVERYDAY

## PREVENTATIVE ACTIONS



### COVER COUGHS

Cover your nose and mouth with a tissue when you cough/sneeze. Throw the tissue in the trash after you use it.



### WASH YOUR HANDS

Wash your hands often with soap and water for 20 seconds. Use hand sanitizer if soap and water are unavailable.



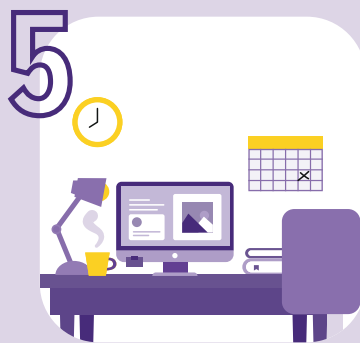
### WEAR A FACE COVERING

When you wear a face covering, you protect others. When others wear a face covering, they protect you.



### PRACTICE PHYSICAL DISTANCING

Stay 6 feet apart from others.



### DISINFECT ITEMS AND SURFACES

Disinfect commonly touched items such as keyboards, cell phones, copy machines, and other office supplies.



### STAY HOME IF YOU ARE UNWELL

If you are sick, feel sick, or have any symptoms, stay home.