

Keep our workplaces, homes, and communities safe

Follow these basic safety guidelines to help fight against the spread of COVID-19.



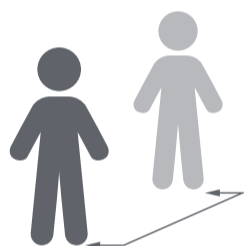
Wash your hands

Wash your hands with soap and water for 40 to 60 seconds. Or use hand sanitizer for 20 seconds.



Don't touch your face

Avoid touching your eyes, nose, and mouth.



Maintain physical distance

Keep a distance of 2 meters from others.



Cover your cough or sneeze

Use a tissue and dispose of it responsibly. If you don't have a tissue, cough or sneeze into your upper arm.



Wear a face mask in public

Face masks should be worn when you may be near people. Wearing a face mask is not a substitute for physical distancing.



Recognize symptoms

If you have a fever, cough, or difficulty breathing, call your health care provider immediately.



Stay informed

Follow your health care provider's advice. Avoid rumors and unverified information in social media.

