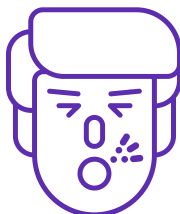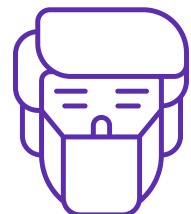# PROTECTIVE MEASURES

Coronavirus (COVID-19)

Wash your hands frequently and thoroughly, for at least 20 seconds. Use alcohol-based hand sanitizer if soap and water aren't available.

Cover your mouth and nose with a tissue or into your elbow when you cough or sneeze then throw the tissue in the bin and wash your hands.

Wear a face mask when you leave your home for work or groceries. If your mask gets moist or wet change it immediately. Keep 3-4 masks with you at all times.
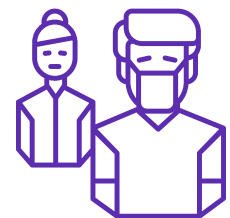
Clean and disinfect surfaces and objects that are considered high touch areas. Wear PPE while doing this.

Avoid touching your eyes, nose, and mouth. Wear a face shield or goggles to protect your eyes.

Avoid close contact with people who are NOT in your household.