Washing Your Hands / Sanitizing

- Wash your hands regularly with soap and water
  - After using restroom, after removing gloves, before eating, after touching cell phone/tablet, hand tools, lifts
  - Use hand sanitizer if soap and water is not available
- Regularly clean surfaces with disposable gloves that are frequently touched
  - Doorknobs, light switches, countertops, desks, keyboards
- Avoid touching your face at ALL times, especially after contacting equipment (lifts/tools)

Avoiding Contact

- Practice social distancing – Maintaining 6 feet clearance of others
  - Avoid carpooling, crowded elevators, crowded lifts, gathering in break rooms, and sharing food
- Do not shake hands, hug, or engage in any other physical contact

If You Feel Sick

- Stay at home and follow CDC guidelines (see below) if you are experiencing fever, cough, and/or shortness of breath
- Employees who experience symptoms should not return to work until guidelines by CDC are met (see below):
- If you have been exposed to someone that has tested positive, self quarantine for 14 days