



# COVID-19 Prevention

## STOP THE SPREAD

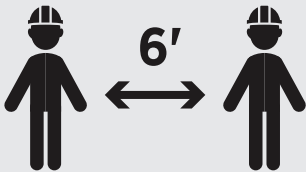


The best way to prevent illness is to avoid being exposed by following these protocols. Do it for yourself, your family and co-workers.



### WEAR A MASK

Cover your mouth and nose with a mask when around others. The mask is meant to protect other people in case you are infected.



### SOCIAL DISTANCING

Stay at least 6 feet from other people. Do not gather in groups. Stay out of crowded places and avoid mass gatherings.



### COVER COUGHS AND SNEEZES

Always cover your mouth and nose with a tissue when you cough or sneeze, or use the inside of your elbow.



### CLEAN HANDS OFTEN

Wash your hands often for 20 seconds with soap and water or 60% alcohol-based hand sanitizer.



### AVOID TOUCHING YOUR FACE

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



### CLEAN AND DISINFECT

Clean and disinfect frequently touched surfaces, including handles, light switches and jobsite areas with high traffic. Also, frequently sanitize commonly touched tools and equipment and avoid sharing.

