



US COMPLIANCE

# PROTECTING YOURSELF AGAINST CORONAVIRUS

It is essential that all individuals stay informed about the ongoing developments of COVID-19. Here are helpful steps to take to prevent the spread of infectious disease at home or in the workplace.

## STEPS TO CONSIDER:



Avoid close contact with anyone showing symptoms of respiratory illness. Maintain social distancing.



Wear gloves in higher risk areas and change them regularly.



Wash your hands often and especially after known exposure.



Use disposable towels.



Avoid touching doorknobs, handrails and other public surfaces.



Cover your mouth and nose when you sneeze or cough.



Minimize eating in public places and sharing food. Consider preparing your own food whenever possible.

CARE  
PROTECT  
GROW