



How to protect yourself if you are not working from home

Do you work at a gas station, pharmacy, or grocery store? Follow these tips to prevent yourself from catching coronavirus, or from spreading the virus to others.

When you are outside:



Wash your hands often, for at least 20 seconds.



Use a tissue to touch common surfaces such as elevator buttons, rails, gas pumps etc. Throw the tissue in the trash



Disinfect surfaces that you touch such a cash registers, counters, table tops and even the inside of your car.



Wear a cloth face covering when in public and stand 6 feet apart from other people.

When you get home:



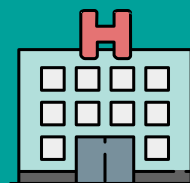
Take your shoes off outside and consider taking a shower immediately.



Disinfect wallet, keys, phone, eye glasses and any other items you may be bringing home.



Put your clothes in the washer and wash with warm water.



Stay at home when sick. Monitor your symptoms and seek medical attention if your symptoms worsen.