

# Prevent the spread of COVID-19 in **7 STEPS**

- 01** Wash your hands frequently
- 02** Avoid touching your eyes, nose, and mouth
- 03** Cover your cough using a tissue or the bend of your elbow
- 04** Avoid crowded places and close contact with anyone that has a fever or cough
- 05** Stay at home if you feel unwell
- 06** If you have a fever, cough, and difficulty breathing, seek medical care, remembering to alert your manager and Human Resources of any absences
- 07** Get information from trusted sources such as the Centers for Disease Control or the World Health Organization

