

Stay Well!

Wash your hands

Wash regularly with soap for at least 10-20 seconds.

Wash your hands...

- after you sneeze or cough
- after you use the bathroom
- before you eat
- before you touch your eyes, nose or mouth



Cover your cough

When you cough or sneeze, cover it with a tissue or with the back of your sleeve. Always throw away used tissues in the bin.

Stay at home if you feel sick.

Keep the workplace clean

Use normal supplies and clean regularly.

Wipe shared objects and work areas daily, or more often if you think they've been contaminated. Items to be wiped include:

- Phones
- Computers (screen, keyboard, mouse)
- Desks and counters
- Chairs and arm rests
- Light switches
- Temperature controls (thermostat)
- Buttons on photocopier, fax machine
- Door handles
- Conference room equipment
- Toilet flush buttons



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