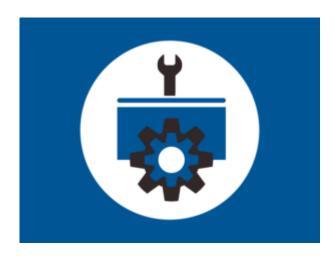
# Stop the Spread of Germs at Work



## STOP THE SPREAD OF GERMS AT WORK



## COVER YOUR MOUTH AND NOSE WHEN YOU SNEEZE OR COUGH.

Cough or sneeze into a tissue and then throw it away; use your arm or sleeve to cover if you do not have a tissue.

#### CLEAN YOUR HANDS OFTEN. •

Wash your hands with soap and water, vigorously rubbing together front and back for 20 seconds. Or use alcohol-based hand sanitizers, rubbing hands until they are dry.





### CLEAN SHARED SURFACES AND EQUIPMENT OFTEN.

Use disinfectants to clean commonly touched items such as doorknobs, faucet handles, copy machines, coffee pot handles, desktops, handrails, microwave buttons,