Stop the Spread

6 things you can do in the workplace to minimize the spread of COVID-19 (Coronavirus).

Wash your Hands
Wash your hands frequently throughout the day with soap and water for at least 20 seconds. Or use an alcohol based hand sanitizer.

Mask Up
When in public, or in close proximity to others, ensure that you wear a mask to protect both yourself and others from spreading potential germs.

Social Distance
Maintain a 6 foot distance, approximately 2 arms length, between yourself and others. Avoid large crowds and busy areas if possible.

Stay Home When Sick
If you feel sick, stay home to prevent the spread of germs. Remain at home until better. Contact a physician if you are experiencing COVID-19 related symptoms and get tested.

Don't Touch
Avoid touching your face, nose, eyes and mouth to prevent the spread of germs from contaminated surfaces from entering your body.

Disinfect
Regularly clean and disinfect your work area, desk, phone and any other frequently touched surfaces.

For more information visit:
- cdc.gov
- nh.gov
- dhhs.nhn.gov