

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.



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.



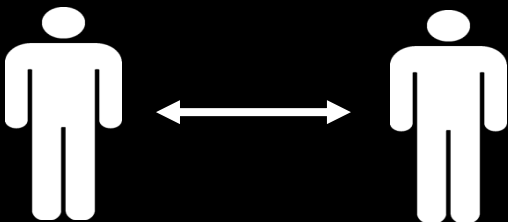
Mask Up

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.



Don't Touch

Avoid touching your face, nose, eyes and mouth to prevent the spread of germs from contaminated surfaces from entering your body.



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



Disinfect

For more information visit:

- ◆ [cdc.gov](https://www.cdc.gov)
- ◆ [nh.gov](https://www.nh.gov)
- ◆ [dhhs.nhn.gov](https://www.dhhs.nhn.gov)