

WHAT YOU CAN DO TO Keep Your Family Healthy and Safe

How can you protect both yourself and loved ones? Using appropriate PPE at work is one way, but additional practices outside of work can also reduce the spread.



Avoid touching your mouth, eyes, and nose.



Wipe your cell phones and computers with a sanitizing wipe.



Keep your car clean. Wipe the steering wheel, shifter, and door locks with a sanitizing wipe.



Practice healthy eating habits, get plenty of rest, and take time to care for yourself and your family.



Avoid hugging, kissing, shaking hands, and sharing beverages with anyone.



Carry hand sanitizer with you to use before and after touching common railings and handles.



Encourage social distancing and hand hygiene with your non-medical friends and family.



Use fist or elbow bump, jazz hands, or foot shake instead of shaking hands.