

# **PREVENTING THE SPREAD OF COVID-19**

## Resources for Businesses

Based on Centers for Disease Control and Prevention Guidance - December 2, 2020  
For the latest information, please refer to [CDC.gov](https://www.cdc.gov).

# For your safety

## Help prevent the spread of COVID-19

**DO YOUR PART**

Sanitize frequently touched surfaces, such as door handles.



Stay up to date on the latest health information.



Maintain at least six feet of physical distancing from others.



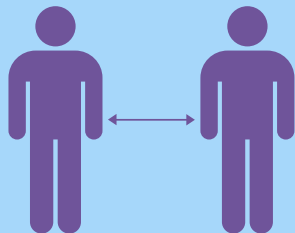
Stay at home and isolate if you are sick.



Wear your mask, especially when social distancing is difficult.



Limit the number of people in social gatherings, or have a virtual chat.



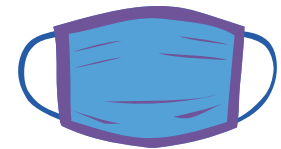
# For your safety

Help prevent the spread of COVID-19

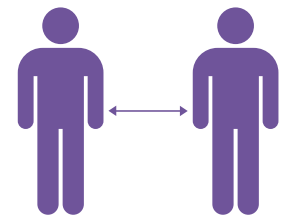
Wash your hands frequently with soap and water for at least 20 seconds.



Wear a mask in public, especially when social distancing is difficult.



Maintain at least six feet of physical distancing from others at all times.



Sanitize frequently touched surfaces, such as tables, countertops and door handles.

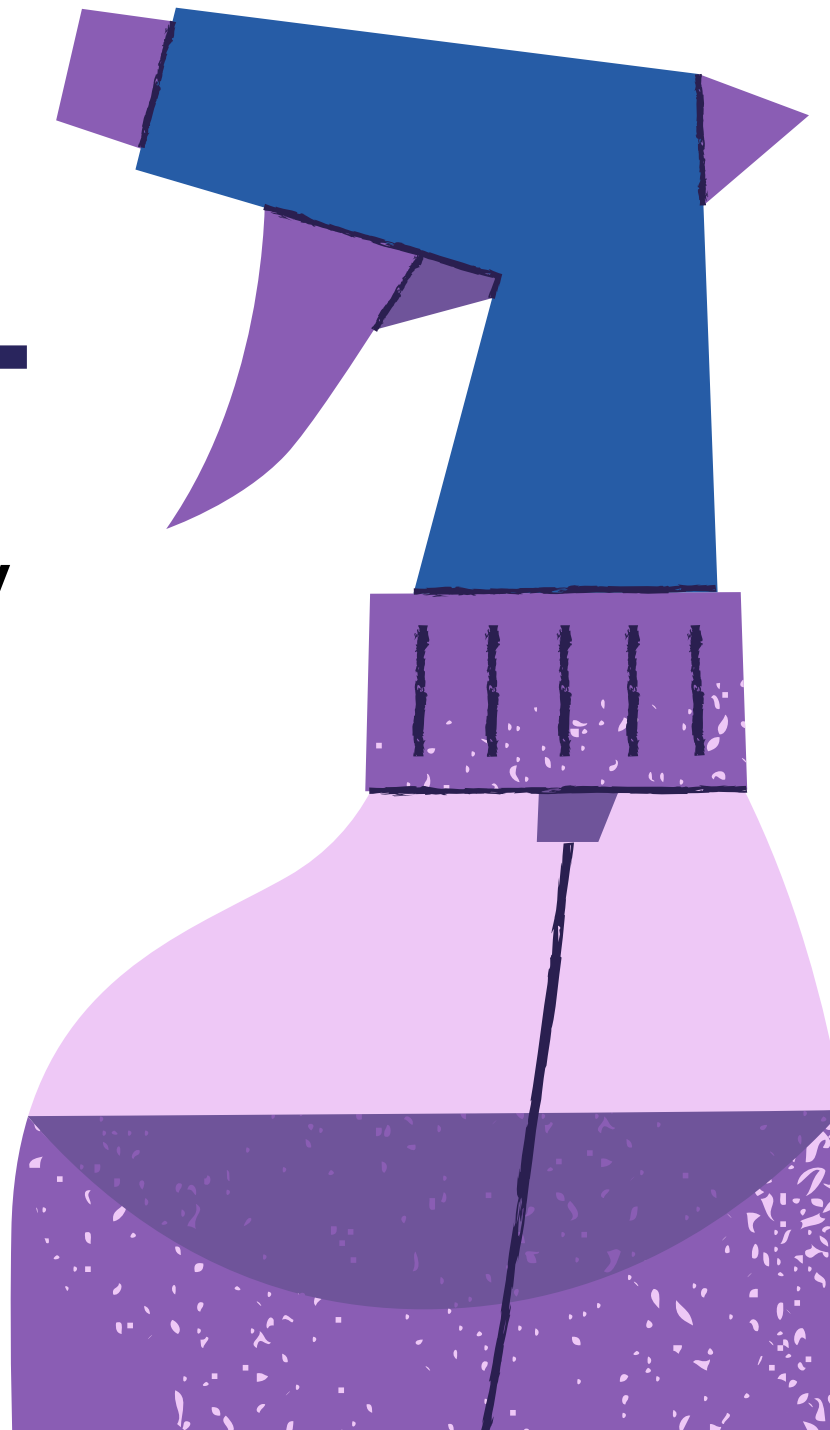


# For your safety

Help prevent the spread of COVID-19

## **CLEAN & DISINFECT**

Sanitize frequently touched surfaces, such as tables, countertops and door handles.

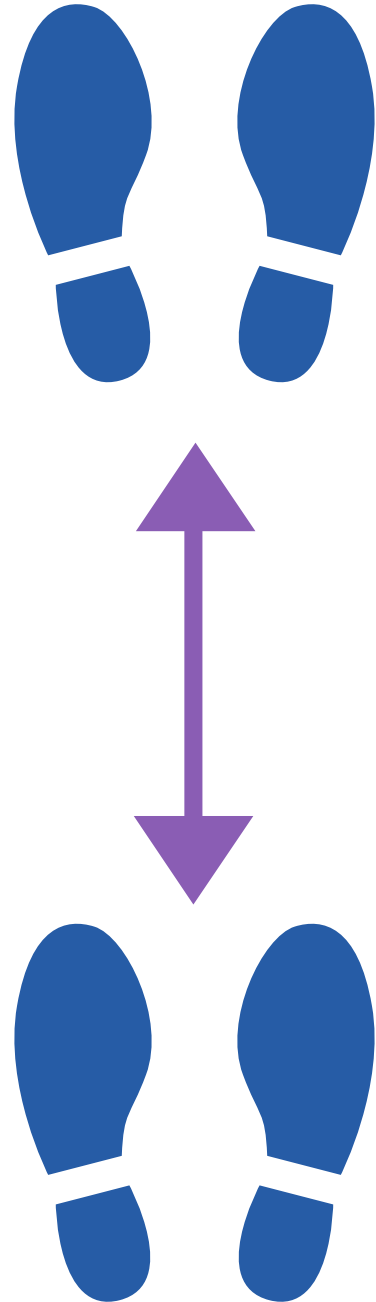


# For your safety

Help prevent the spread of COVID-19

## 6 FEET APART

Please maintain six feet of physical distance between yourself and others.



# For your safety

Help prevent the spread of COVID-19

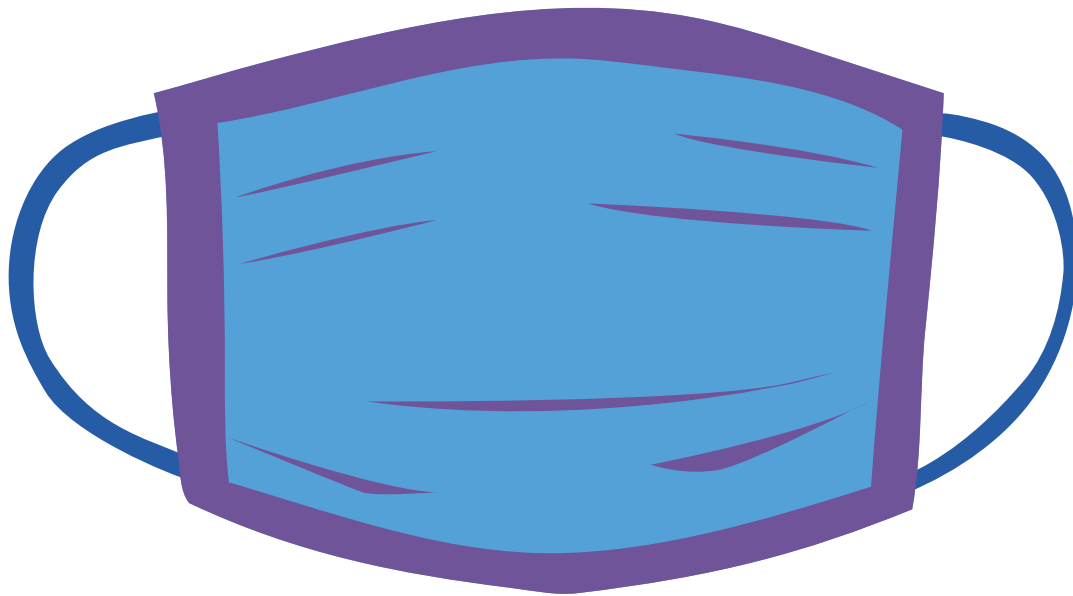
## WASH YOUR HANDS

Wash your hands frequently with soap and water for at least 20 seconds.



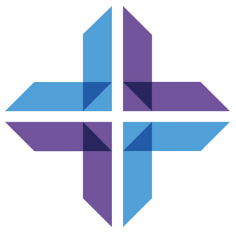
# For your safety

Help prevent the spread of COVID-19



## WEAR A MASK

**Wear a face covering in public,  
especially when social  
distancing is difficult.**

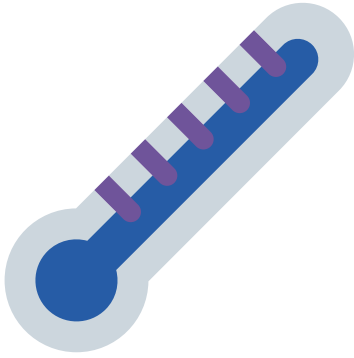


# COVID-19

## Stop the Spread of Germs

Help prevent the spread of respiratory viruses like COVID-19 and flu

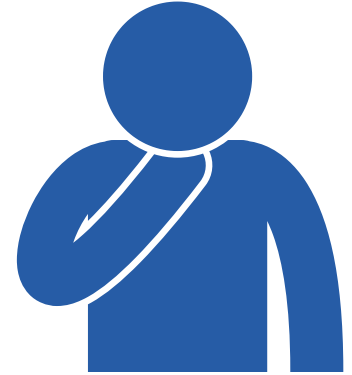
### What are the symptoms?



Fever



Cough

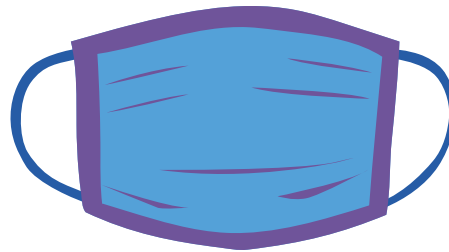


Trouble breathing

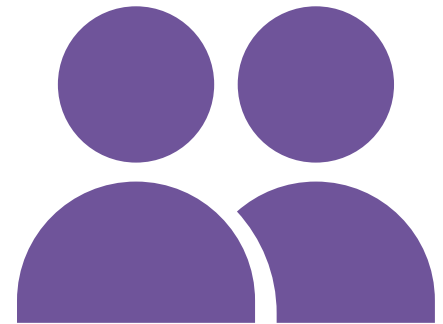
### How is it prevented?



Wash hands often



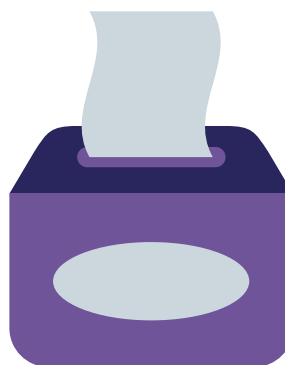
Wear a mask and avoid touching your face



Avoid contact with sick people



Stay home while you are sick; avoid others



Cover mouth/nose with a tissue or sleeve when coughing or sneezing



Clean and disinfect frequently touched objects and surfaces



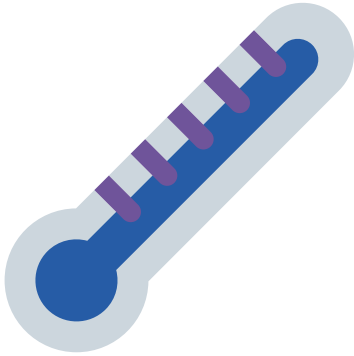


# COVID-19

## Detenga la propagación de microbios

Ayude a prevenir la propagación de virus respiratorios como COVID-19 y la gripe.

### ¿Cuáles son los síntomas?



Fiebre



Tos

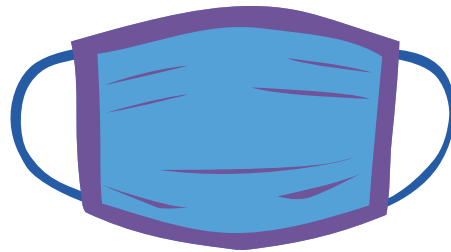


Falta de aire

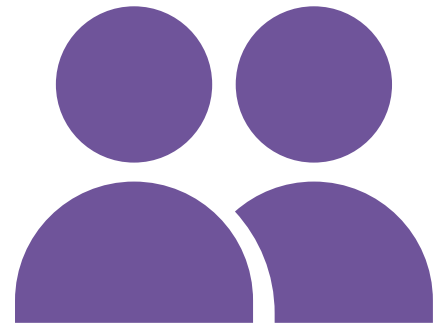
### ¿Cómo se previene?



Lávese las manos con frecuencia



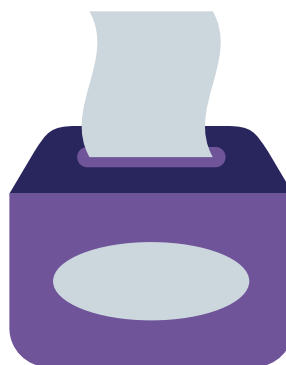
Use una mascarilla y evite tocarse la cara



Evite el contacto con personas enfermas



Quédese en su casa mientras está enfermo/a y evite estar en contacto con otras personas



Cúbrase la boca/la nariz con un papel tisú o con la manga de su ropa al toser o estornudar



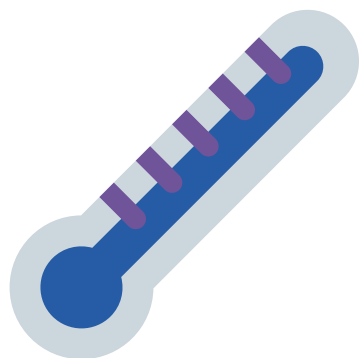
Limpie y desinfecte los objetos y las superficies que se tocan frecuentemente



# КОВИД-19

Остановим Распространение Микробов Помогите предотвратить распространение респираторных таких как КОВИД-19 и грипп

## Каковы СИМПТОМЫ?



Высокая температура



Кашель

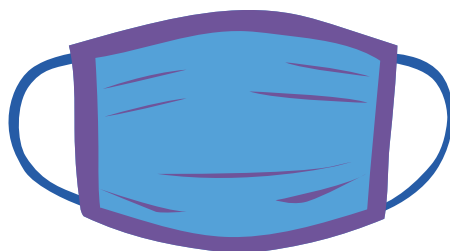


Затруднённое дыхание

## Как это предотвратить?



Часто мойте руки



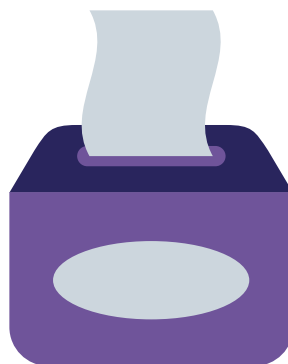
Носите маску и не прикасайтесь к своему лицу



Избегайте контакта с больными людьми



Оставайтесь дома пока вы больны; избегайте других



При кашле или чихании прикрывайте рот нос салфеткой или рукавом



Мойте и дезинфицируйте поверхности и предметы к которым часто прикасаетесь

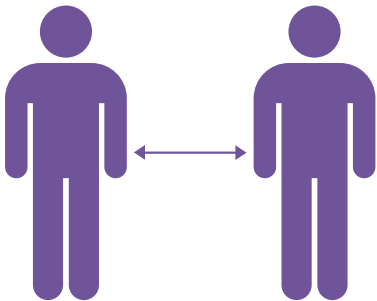
# Keep yourself and others safe from COVID-19 when returning to work

## Clean your hands often



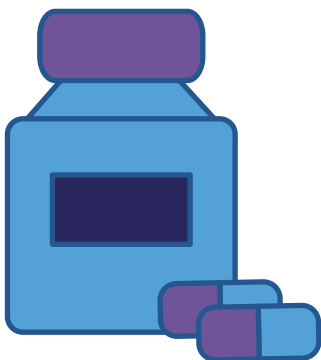
- Wash your hands often with soap and water for at least 20 seconds especially after you have been in a public place; after blowing your nose, coughing, or sneezing; and after using shared equipment.
- If soap and water are not readily available, use a hand sanitizer that contains at least 60% alcohol.
- Avoid touching your eyes, nose and mouth with unwashed hands.

## Avoid close contact



- Put distance (at least 6 feet) between yourself and other people.
- Wear cloth face coverings (if appropriate) when social distancing is difficult to maintain.
- Avoid using other employees' phones, desks, offices, or other work tools and equipment, when possible. Clean and disinfect between employees if sharing occurs.
- Remember that some people without symptoms may be able to spread virus.

## If you are at increased risk for illness ...



- Contact your manager to discuss special accommodations that will allow you to perform your job duties safely.