

COVID – 19 – Social Distancing

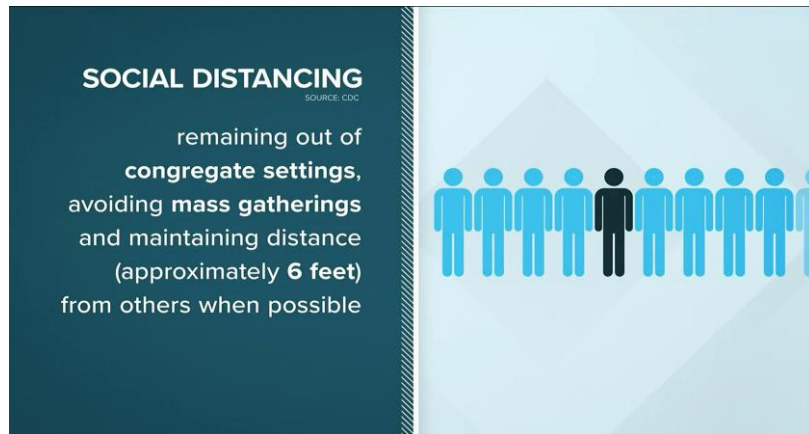
Social distancing is a key action to help minimize the spread of COVID-19. Most locally transmitted cases are caused by individuals attending social activities when sick. Please remember to:

At Home and Work

- Frequently wash hands, cover mouth & nose with sleeve when coughing
- Minimize touching your face (eyes, mouth, nose)
- Practice social distancing (e.g., maintain > 6 ft. from others)
- Refrain from shaking hands
- Avoid touching surfaces that may be contaminated
- Avoid large social gatherings

At Work

- Proactively check your temperature to ensure it is below 100.4° F
- Small group meetings not critical to business operations should be via telecom or cancelled, minimize face-to-face interactions
- Limit non-business critical travel and visitors to offices and sites
- Limit attendance in non-critical large meetings and conferences
- Clean work surfaces (keyboard, door knobs, conference tables, kitchen areas) after use with supplies provided.



If you believe you have been exposed or present symptoms

- Call your health care provider
- Notify your supervisor and MOH via phone

For additional information and updates on COVID-19, please continue to refer to the [MOH Important Health Alerts](#) page. Should you wish to share concerns or recommendations related to health and safety for your site, please contact your supervisor and/or MOH representative.