

Protecting yourself from COVID-19 at work



Use a face mask at all times

- Avoid touching the front of the mask and don't push the mask down under your chin and let it hang around your neck
- Take off the mask carefully during lunch to eat. Remove by the ear loops and place on a paper towel with the outside of mask facing down.
- Change your mask everyday and it may need to be changed more frequently if it gets dirty or wet



Wash or disinfect your hands

- Wash your hands for 20-30 seconds
- Before putting on your mask and after taking it off
- Before you eat
- After you take off your gloves or use the restroom



Avoid touching your face

- Avoid touching your eyes, nose, and mouth
- Use the inside of your elbow or a tissue when you cough or sneeze



Follow social distancing rules

- Follow the flow of traffic through the plant like in the hallways and in the cafeteria
- Avoid getting together in large groups (e.g., during the screening process when entering the plant or in the locker rooms)



Know your employer's policies

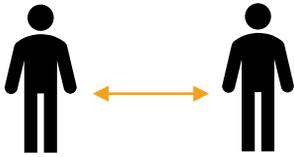
- Will I be informed if a coworker near me tests positive for COVID-19?
- Will I be paid if I get sick or need to be quarantined at home?
- If I am sick, when can I return to work?

Protecting yourself from COVID-19 outside of work



Avoid carpooling if possible

- Limit the number of people in the vehicle
- Make sure that there is adequate space between people in the vehicle
- Use a mask at all times when there are other people in the vehicle
- Improve air flow in the car by opening the window or placing air conditioning on non-recirculation mode



Follow social distancing rules

- Maintain 6-feet of distance between you and other people in public places
- Avoid visiting family members and friends in their homes
- Limit grocery shopping and other errands to once a week



Wash your hands and disinfect common areas in the house

- Wash your hands using soap and water or an alcohol-based hand sanitizer with at least 60% alcohol
- Clean and disinfect frequently touched objects and surfaces in the house



If someone in your home is sick, practice everyday preventive actions

- Keep the ill person in a separate room away from others in the household
- Follow recommended precautions and monitor your own health
- Keep surfaces disinfected
- Avoid sharing personal items
- Stay informed about what is happening in your community

Know the symptoms

Symptoms may appear 2-14 days after exposure to the virus. If someone has some or all of the following symptoms, they may have COVID-19:

- Cough
- Shortness of breath or difficulty breathing
- Fever or chills
- Repeated shaking with chills
- Muscle pain
- Headache or sore throat
- New loss of taste or smell



What should I do if I have symptoms of COVID-19?

- Stay home and away from others in the house
- Notify your work if your schedule needs to change
- Call your local public health department, your doctor, or a clinic or get in touch with a community health worker
- Find a testing site and get tested