# PROTECT YOURSELF

## AND OTHERS



### COVER YOUR MOUTH AND NOSE WITH A MASK OR CLOTH FACE COVERING AROUND OTHERS

Face masks or face coverings must be worn by all employees working on campus when in the presence of others and in public settings where other social distancing measures are difficult to maintain (e.g., common work spaces, meeting rooms, classrooms, etc.).



### **MONITOR YOUR SYMPTOMS**

Employees must conduct symptom monitoring every day before reporting to work. Anyone who is sick should remain at home and not report to work. Employees should not return to work until they have been fever-free for at least 24 hours without fever-reducing medication.



### **CLEAN YOUR HANDS OFTEN**

Wash your hands often with soap and water for at least 20 seconds, especially after being in a public place, or after blowing your nose, coughing or sneezing. If soap and water are not readily available, use a hand sanitizer with at least 60% alcohol.



### **CLEAN AND DISINFECT**

Clean and disinfect frequently touched surfaces daily. This includes tables, doorknobs, light switches, handles, desks, computers, phones, and keyboards.



### **AVOID CLOSE CONTACT**

Continue to physically distance yourself from others. Stay at least 6 feet (about 2 arms' length) from other people at all times.



### **COVER COUGHS AND SNEEZES**

Cover your nose and mouth with a tissue when coughing or sneezing and throw the tissue away after use. If a tissue isn't available, cough or sneeze into your elbow or sleeve, not your hands.

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