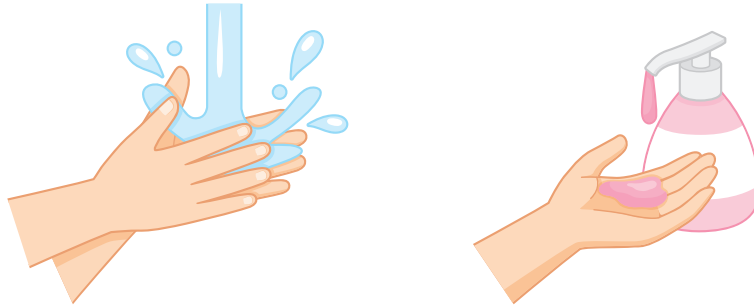




# *The 1-2-3s of Washing Your Hands*

Handwashing helps keep you safe and prevents the spread of germs.

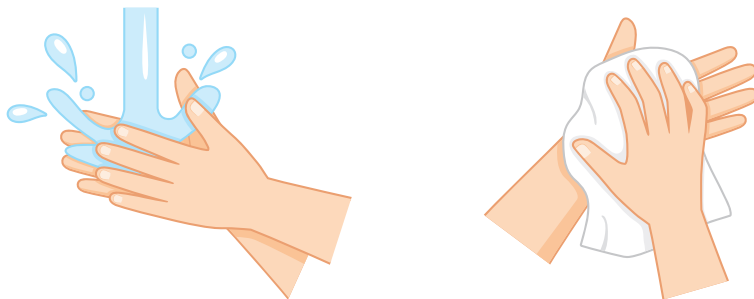
## **1.** Turn water on and apply soap.



## **2.** Lather your hands with the soap, including the backs of your hands and in between your fingers. Do so for at least 20 seconds.



## **3.** Rinse your hands and dry with a clean paper towel or dryer.



- If water and soap isn't available, use a hand sanitizer made with at least 60% alcohol.
- Need help timing? Try singing "Happy Birthday!"



# 5 Ways to *STOP the Spread!*

- 1.** Wash your hands with soap and water regularly.



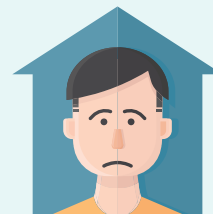
- 2.** Avoid touching your eyes, nose and mouth with unwashed hands.



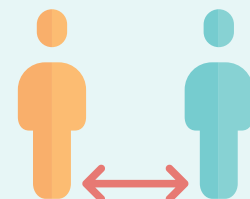
- 3.** Use a tissue to cover your mouth and nose when you cough or sneeze. Wear a mask if possible.



- 4.** Stay home if you're sick. Let your supervisor know if someone at your home is sick with COVID-19.



- 5.** Practice social distancing and stay 6 feet apart when possible on the jobsite.





# *Work Smart. Stay 6 Feet Apart.*

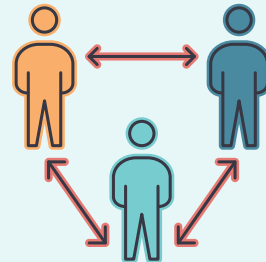
Social distancing helps reduce the spread of germs and viruses, like COVID-19. When it's possible, stay 6 feet (or 2 meters) apart from your coworkers.

## **Here are some ways to maintain social distancing on the job:**

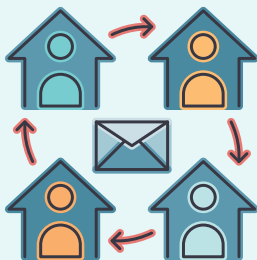
**Avoid large gatherings or meetings.**



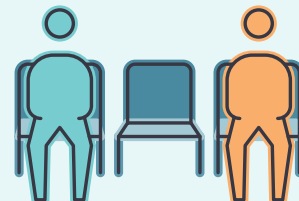
**Hold in-person meetings in open, well-ventilated spaces.**



**When possible, choose videoconferencing or teleconferencing for work-related meetings and gatherings.**



**Space out and sit adjacent to coworkers on lunch breaks, rather than directly across from them.**



If social distancing isn't possible, be sure to wear proper PPE like masks and practice good personal hygiene.