



HEALTH & SAFETY TIPS

TOGETHER, WE CAN HELP MINIMIZE THE SPREAD OF UNWANTED GERMS AND *STAY HEALTHY*



WASH YOUR HANDS FREQUENTLY

Wash your hands frequently throughout the day with warm/hot water and antibacterial soap. Depending on the need or situation, wear gloves to help protect from the spread of germs. A good tip is to wash your hands for 20 seconds every time.



HAND SANITIZER & WIPES

Carrying hand sanitizer and sanitizer wipes are the perfect way to disinfect and cleanse your hands while on the go! A good tip is to spray or wipe down any surface before touching and sanitize your hands after touching any other objects or surfaces.



AVOID TOUCHING YOUR EYES, NOSE OR MOUTH

Avoiding these areas will help minimize the risk of getting sick. A good tip is to use a tissue for contact with these areas. When coughing, avoid using your hands to cover, instead cough or sneeze into your inner elbow.



STAY HOME IF YOU ARE SICK

When you are sick, the best thing to do is stay home, get plenty of rest and drink lots of fluids. Follow the above tips as well to help you get back on your feet in no time.



**COMPLIMENTARY LOBBY HAND SANITIZER & TISSUE AVAILABLE.
PLEASE FEEL FREE TO USE AS NEEDED.**