

# Protect Against COVID-19

COVID-19 is a contagious flu-like virus that anyone can get, but there are several things you can do to protect yourself from catching it, or spreading it to others.

## TIPS TO AVOID GETTING AND SPREADING COVID-19

- Wash your hands often
- Cover your mouth when you cough or sneeze
- Don't touch your face
- Stay at home when you're sick
- Clean (and disinfect) surfaces and shared items

## IF NO SIGNS ARE PRESENT

- Enter workplace
- Practice hand hygiene and social distancing etiquette



## SELF-CHECKLIST If you have symptoms of:

- Fever OR  Dry Cough OR  Difficulty Breathing

If any of these signs are present

**STOP — DO NOT ENTER THE WORKPLACE**

Go home, inform your supervisor and contact your appropriate health line:  
Canada: 1-833-784-4397 USA: 1-800-CDC-INFO (800-232-4636)

Contact your supervisor before you return to work.