

The COVID-19 outbreak mitigation is not a sprint but a marathon.

The safest measure is to think and act as if you are infected along with everyone surrounding you.

- Be aware of surfaces that are frequently touched by others within your work area.
Wash or sanitize your hands immediately after touching.
(i.e., Cash, door handles, handrails, desks, photo copiers, bathroom fixtures, coffee pots, etc.)
- No handshakes, hugs, and no physical touching
- Avoid touching your face
- Frequently wash your hands with soap and rinse for at least 20 seconds with warm water
- Frequently sanitize your hands and smart phones
- Wash your hands before eating
- Do not participate in any gatherings, and use Skype for group work
- Maintain social distancing – 2 meters (6 feet) away from the people around you, regardless of where you are
- Sanitize your workstation at both the beginning and end of the workday
- Do not share food or drink
- Stay home if you have flu symptoms or go home if flu symptoms start to show while at work
- Always carry a face mask with you
- Wear a face mask if you are in high pedestrian traffic area
(i.e., public transit, elevator, car with people, hospital)