PLEASE don’t jeopardize your health and the health of your co-workers.

• If you feel sick, stay home.
• Practice at least 6-foot distancing from others. If you can’t, wear a mask.
• Wash your hands frequently for 20 seconds — time it by taking 5 breaths.
• Keep sanitizing wipes and hand sanitizer nearby and use them often.
• Wear the correct PPE. Clean or dispose of it properly.

Stay healthy by eating nutritious food, watching your weight and getting 7 – 9 hours of sleep each day.

Visit nsc.org for more resources.