HOW YOU CAN HELP STOP THE SPREAD

Proper Use of Face Coverings

● Acceptable face coverings include disposable surgical masks and sewn/quick cut cloth face coverings. We do not recommend gaiters or bandanas, and face shields alone do not provide adequate protection.
● Put your face covering on and take it off with clean hands, only touching the ear pieces
● Your face covering MUST cover both your nose and mouth at ALL times.
● Do not touch or adjust your face covering, except by the earpieces.
● Remember that fabric face coverings should be washed regularly.

Hand & Respiratory Hygiene

● Wash your hands often with soap and water for at least 20 seconds especially after you have been in a public place, or after blowing your nose, coughing, or sneezing.
● It’s especially important to wash:
  ○ Before eating or preparing food
  ○ Before touching your face
  ○ After using the restroom
  ○ After leaving a public place
  ○ After blowing your nose, coughing, or sneezing
  ○ After handling your mask
● If soap and water are not readily available, use a hand sanitizer that contains at least 60% alcohol. Cover all surfaces of your hands and rub them together until they feel dry.
● Avoid touching your eyes, nose, and mouth with unwashed hands.
● Cover your mouth and nose with a tissue when you cough or sneeze. If you don’t have a tissue, use your elbow. Immediately wash your hands with soap and water for at least 20 seconds. If soap and water are not readily available, clean your hands with a hand sanitizer that contains at least 60% alcohol.

Social Distancing

● Remember to stay at least 6 feet away from anyone who does not live with you, whenever possible (even when you are wearing a mask)
● The elevator is limited to one person or household per ride, unless they are riding with other members of their household OR are providing necessary transportation support for a student
● When possible, do not start up or down a staircase unless there is no one coming in the opposite direction
● Please do not move furniture in the waiting areas
● Please adhere to distancing signage & protocols throughout the building

REMEMBER TO STAY HOME IF YOU ARE SICK!

For more information, please visit https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/prevention.html