

# DON'T SPREAD GERMS - WASH YOUR HANDS!

## 6 Steps to Flush Germs Down the Drain

1



WET

2



SOAP

3



WASH  
FOR 20 SECONDS

4



RINSE

5



DRY

6

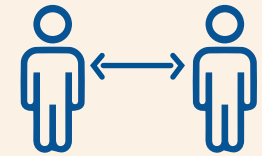


TURN OFF WATER  
WITH PAPER

## WORKPLACE TIPS

### CREATE PHYSICAL DISTANCE:

- ◆ Do early morning check in on how to divide tasks using video conferencing, cell phone, etc.
- ◆ Shift work schedules to have fewer employees at one time.
- ◆ Stagger break times to have fewer people together in the break room.
- ◆ Maintain a 6 ft distance between people and wear a cloth mask if you cannot work alone.



### CLEAN AND DISINFECT FREQUENTLY:

- ◆ Wash your hands, including between fingers, backs of hands, and under nails.
- ◆ Clean and disinfect break areas after each use.
- ◆ Disinfect commonly touched objects daily (phones, computer keyboards, door knobs, other shared equipment).
- ◆ Avoid touching your face.



STAY HOME IF YOU ARE  
ILL, EVEN IF YOU THINK  
IT IS JUST A COLD.

### LEARN MORE ABOUT WHAT TO DO WHEN YOU ARE SICK:

- ◆ Centers for Disease Control and Prevention
- ◆ Minnesota COVID-19 Response

More resources available at:  
[umash.umn.edu/covid-19-resources](https://umash.umn.edu/covid-19-resources)



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