

# STAY SAFE AT WORK DURING COVID-19

Here's what you need to know to protect yourself, the people you are caring for, and your community from coronavirus and other germs.

## Practice good hygiene at work and at home

- **Wash your hands often.** Use soap and water or hand sanitizer. Always clean hands for at least 20 seconds.
- **Use disinfectant** to clean things that others will touch too. Door handles and counters are examples.
- **Don't share food with others.** Limit the number of people in the break room at work. Eat outside when possible.
- **Don't get too close to other people.** Keep at least 6 feet away whenever you can.

## Don't come to work if you are sick

Be extra careful if you don't feel well. Do you have a fever? Sore throat? Diarrhea? You could be sick and don't want to spread your sickness to others.

Call your supervisor if you feel sick. **Stay home. Stay away from others.** Call the doctor.

## Know how to safely use PPE

You may need to wear personal protective equipment (PPE) at work. Make sure you know how to use it safely.



Visit [BetsyLehmanCenterMA.gov/CongregateCare](https://BetsyLehmanCenterMA.gov/CongregateCare) or scan the code to watch a video with a best practice for putting on and taking off PPE.