ALWAYS WEAR YOUR GLOVES WHILE WORKING
• Wash or sanitize hands before putting on gloves at the beginning of each shift and returning from breaks
• Remove gloves and wash your hands before taking your break(s)
• Please change your gloves often. They can carry germs
• Try to avoid touching your face while wearing gloves or with unclean hands
• Do not reuse gloves. Throw away gloves after each use

ALWAYS WEAR YOUR MASK WHILE WORKING
• Masks can reduce the spread of the virus. Wear your mask even when you are feeling well
• Always wash or sanitize your hands before putting a clean mask on
• Cover your mouth and nose with the mask. No gaps between your face and the mask
• Do not touch mask while wearing it
• Remove mask from behind and clean hands immediately
• Do not reuse disposable masks. Throw away masks after each use

REMEMBER TO FOLLOW GOOD HEALTH PRACTICES
• Keep 6 ft of distance
• Stay home if sick
• Frequent handwashing
• Clean and sanitize workspace

If you develop a fever, cough, sore throat, or shortness of breath, contact your healthcare provider. If you do not have one call the Ask-My-Nurse (713) 634-1110