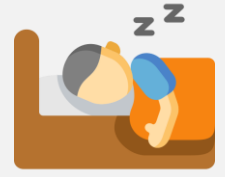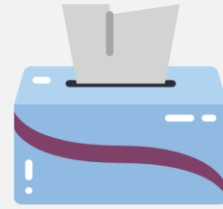# Keep Yourself HEALTHY
During the COVID-19 Pandemic

WASH
Wash hands frequently with soap and water for *at least 20 seconds.*

DON'T TOUCH
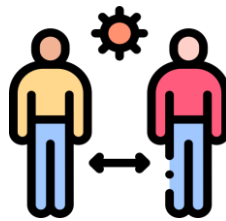Avoid touching your eyes, nose or mouth.

CLEAN
Clean and disinfect surfaces that may have been contaminated

COVER
Cover your coughs/sneezes with a tissue and dispose. Use your elbow, not your hands.

AVOID
AVOID contact with sick people. Stay home if you are sick.

STAY IN PLACE
Except Essential Personnel
Stay Home. Public Gatherings are prohibited per Riverside County Order.

MAINTAIN YOUR SPACE
Maintain Social Distance of 6 feet when in public.

COVER YOUR FACE
Follow Riverside County Order
Cover mouth and nose when around others or in public.

SELF MONITOR
Non-Health care essential personnel should self monitor daily. Take your temperature & log any symptoms twice a day in the AM & PM.

IF CHANGE OCCURS
If you have a fever of 100.4 or greater and/or develop symptoms, stay home & report to your supervisor.