

Keep Yourself HEALTHY

During the COVID-19 Pandemic



WASH

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



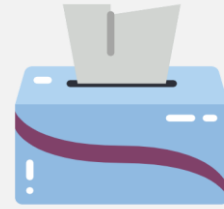
DON'T TOUCH

Avoid touching your eyes, nose or mouth.



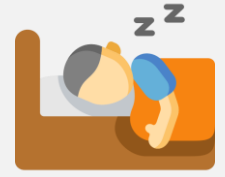
CLEAN

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.



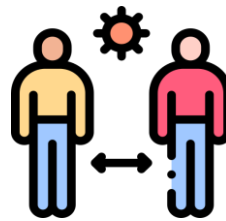
AVOID

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



STAY IN PLACE

Except Essential Personnel
Restrict non-essential movements per California Stay at Home order.



MAINTAIN YOUR SPACE

Maintain Social Distance of 6 feet when in public.



COVER YOUR FACE

UC Requirement
Cover mouth and nose when around others or in public.
[Request a Face Covering](#) from EHS



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.



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