

# 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.



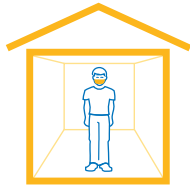
## COVER

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



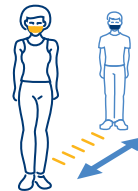
## AVOID

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 SPACE

Maintain physical distancing of 6 feet when in public.



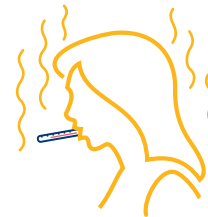
## COVER YOUR FACE

**UC REQUIREMENT**  
Cover mouth and nose when around others or in public.  
Request a face covering from EHS



## SELF MONITOR

All essential personnel should self-monitor daily. Take your temperature and log any symptoms twice daily, in the a.m. & p.m.



## IF YOU FEEL SICK

If you have a fever of 100.4 or greater and/or develop symptoms, stay home and notify your supervisor.



Environmental  
Health & Safety

(951) 827-5528  
ehsPublicHealth@ucr.edu  
ehs.ucr.edu/coronavirus

