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.

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