

Return to Work

Let's talk about how we can stay healthy and safe as we return to a new normal in the workplace.

It's important that we all do our part to follow CDC guidelines to prevent the spread of COVID-19 in the workplace. Specific guidelines include:

- Washing your hands often with soap and water for at least 20 seconds. If soap and water is unavailable, use a hand sanitizer that contains at least 60% alcohol.
- Avoid close contact from others and maintain at least six feet physical distance whenever possible.
- Be mindful of physical distancing in confined areas like elevators and limit the number of riders at one time. If an elevator prevents you from maintaining physical distance, wait for the next cart or take the stairs instead.
- The same applies for common areas like breakrooms. Do not congregate in groups and take turns using the shared spaces.
- Limit the number of individuals in the bathroom at one time and do not congregate. Remain six feet apart from others whenever possible and try to stagger usage.
- Clean and disinfect frequently touched surfaces at least once a day. This includes doorknobs, light switches, handrails, handles, desks, phones, and keyboards.
- If you do feel sick, please stay home to prevent spreading illness to others in your workplace.
- And finally, remember to wear a mask or face covering in public spaces.

Why are masks so important?

When we talk and breathe, we spread germs into the air.

Most of our germs are harmless, but it is possible that we are spreading illness to those around us without even knowing it.

Wearing a mask or face covering acts as a physical barrier to prevent your germs from making someone else sick. Your mask should fit snugly around your face and cover both your nose and your mouth.

Wearing a mask is the kind and responsible thing to do. Protect those around you by wearing a mask whenever you are in a public space. My mask protects you and your mask protects me.