Putting your health first shows you care.
Protecting yourself from COVID-19 at home and at work saves lives.

When you're off work and in the community:

Wear a face covering and keep at least 6 feet away from others.
Wash your hands often with soap and water. If you can't wash, use an alcohol-based hand sanitizer.

How to wear a mask

Snug and comfortable over both nose and mouth
Ties or ear loops

Multiple layers
Able to be washed and dried

Never come to work sick or with any COVID-19 symptoms! These include:

Fever
Chills
Cough
Fatigue
Sore throat
Diarrhea

Headache
New loss of sense of taste or smell
Congestion or runny nose
Shortness of breath or difficulty breathing
Muscle or body aches
Nausea or vomiting

Your residents are counting on you to stay well. Their lives depend on it.