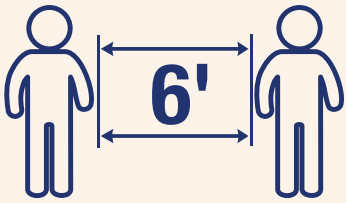


# Putting your health first shows you care.

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

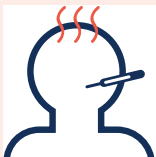


Multiple layers



Able to be washed and dried

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



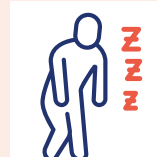
Fever



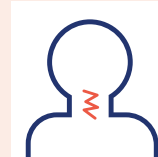
Chills



Cough



Fatigue



Sore throat



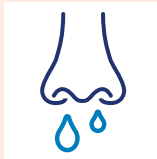
Diarrhea



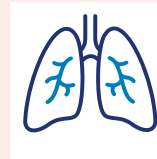
Headache



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.

**Document accessibility:** For individuals with disabilities or individuals who speak a language other than English, OHA and ODHS can provide information in alternate formats such as translations, large print, or braille. Contact the COVID-19 Response and Recovery Unit at 503-979-3377, 711 TTY or [CRRU@dhs.oregon.gov](mailto:CRRU@dhs.oregon.gov).