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@dhsoha.state.or.us.