Coronavirus Prevention for Essential Workers: At Home & At Work

Calvin Ball
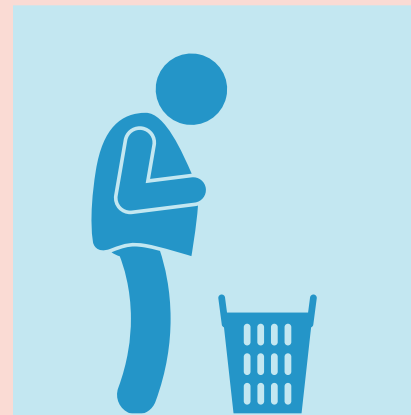Howard County Executive

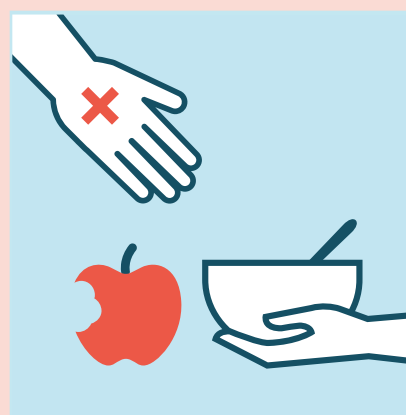HC HOWARD COUNTY HEALTH DEPARTMENT

At Home
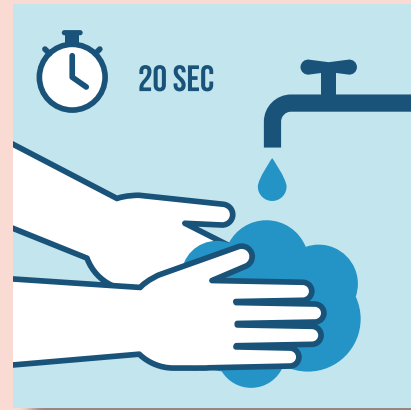
Wash Your Hands Frequently

Leave shoes/ boots at the door
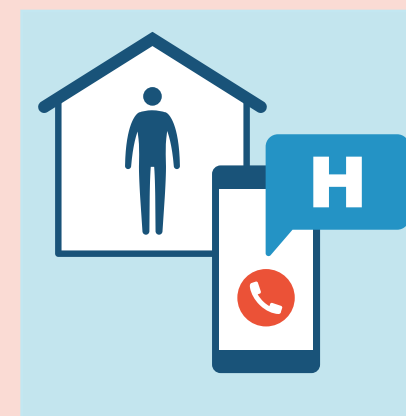
Change clothes when you come in from work.

Don't share cooking/eating utensils

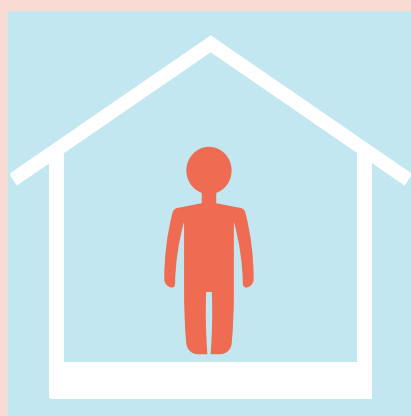### If you have been exposed to COVID-19
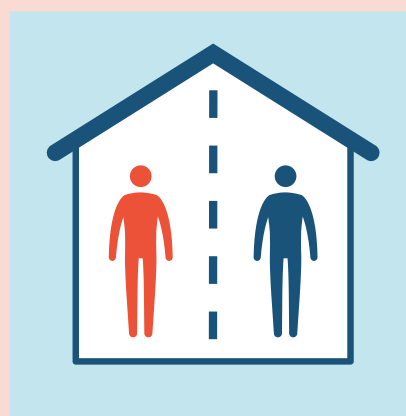
Take your temperature and monitor for any symptoms

If you have any symptoms, contact your healthcare provider or the Health Department

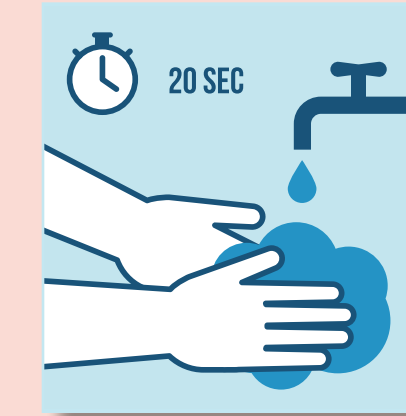### If you are sick:

Do not go to work
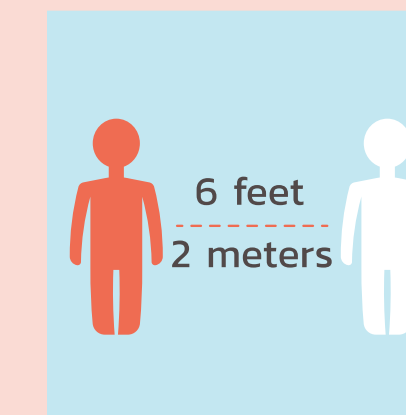
Stay in a separate room from others, if possible

At Work

Wear a Mask/ Facecovering over your nose and mouth
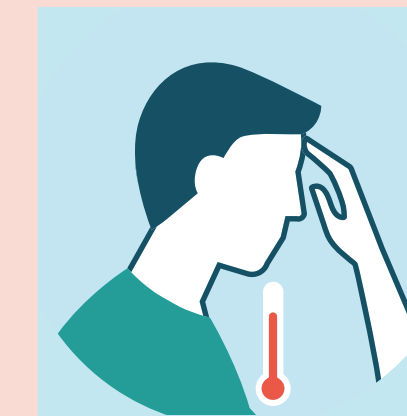
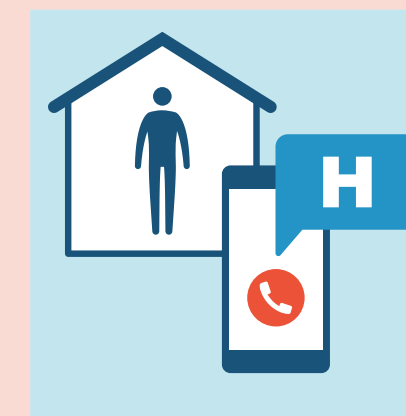Wash Your Hands Frequently

Don't Share Tools/Utensils

Stay 6 feet apart, if possible

6 feet
2 meters

If you have been exposed to COVID-19

Take your temperature and monitor for any symptoms

If you have any symptoms, contact your healthcare provider or the Health Department

If you are sick:

Do not go to work

For questions or more information, contact the Coronavirus Health Information Line at 410-313-6284 or visit www.howardcountymd.gov/ coronavirus

Maura J. Rossman, MD., Howard County Health Officer