### STOP THE SPREAD OF GERMS

**6 Guidelines for Working Safely and Reducing Risk of Contamination**

1. Do not enter if you have a fever or cough.
2. Always stay 6 feet (2 arms’ length) from other people. Avoid unnecessary contact, such as handshaking or hugging.
3. Wash your hands with soap and water for at least 20 seconds.
4. Wear a mask over your mouth and nose.
5. Cover a cough or sneeze with a tissue or elbow, not your hands.
6. Avoid touching your eyes, nose and mouth.

Information based on guidance from the Centers for Disease Control and Prevention (CDC) as of June 8, 2020.

**USHBC Starts With Us**