



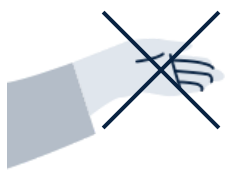
STOP
THE
SPREAD!



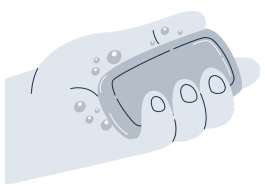


Keep Our Workplace Safe!

Practice good hygiene



Stop hand shakes and use **non-contact greeting methods**



Clean hands at the door and schedule **regular hand washing** reminders



Disinfect surfaces like doorknobs, tables, and desks regularly



Avoid touching your face and cover your coughs and sneezes



Increase ventilation by opening windows or adjusting air conditioning

Limit meetings and non-essential travels

Use **video conferencing** instead of face-to-face meetings

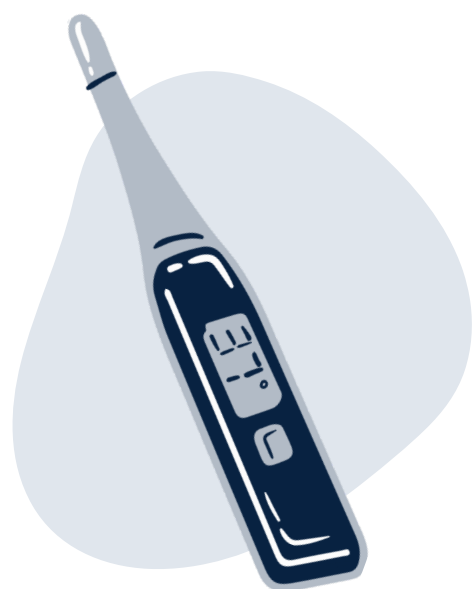
When video calls are not possible, hold your meetings in **well-ventilated rooms and spaces**

Suspend all non-essential travels and trips



Stay home if...

- You are **feeling sick**
- You have a **sick family member** at home



Take care of your emotional and mental well-being

Outbreaks are a stressful and anxious time for everyone. We're here to support you! Reach out to hr@reallygreatsite.com anytime.

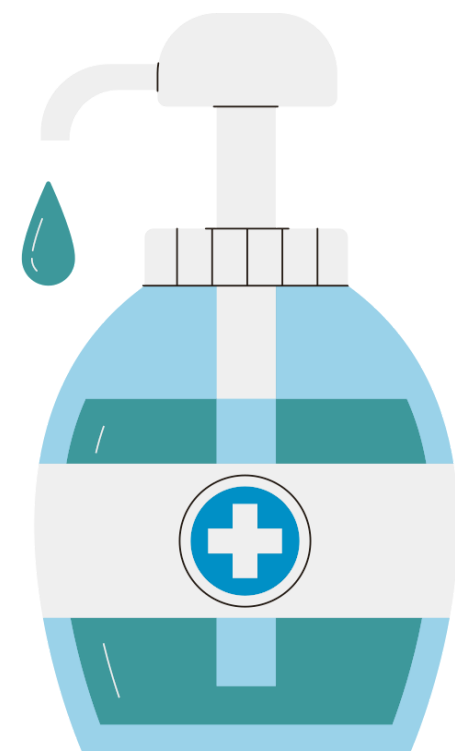
SOURCE: CDC.GOV



NEW NORMAL CLASS RULES



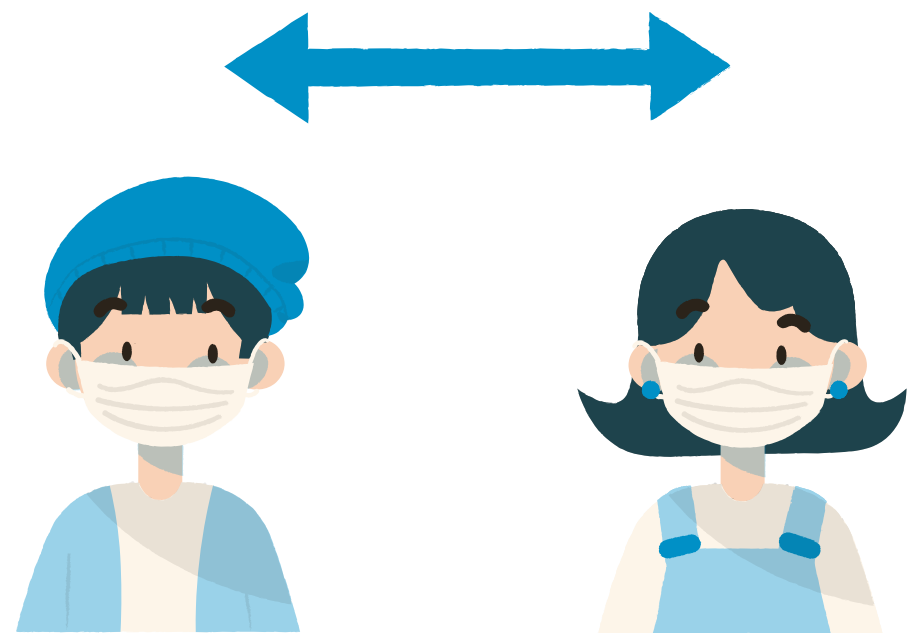
Wear Mask During Class
and Bring Spare Mask



Sanitize your hand
frequently



Wash your hand
with soap
frequently



Keep your distance
within 2 meters



Handwashing 101

#StopTheSpread

Proper hygiene stops the spread of the virus.

01

Wet your hands before applying soap.



02

Bring your palms together and rub soap all over the palms and backs of your hands, including between the fingers.



03

Wash your hands for at least 20 seconds.



04

Wipe your hands with a clean towel or paper towel and avoid rubbing too vigorously.





KNOW THE COVID-19 SYMPTOMS



The following symptoms may appear 2-14 days after exposure:

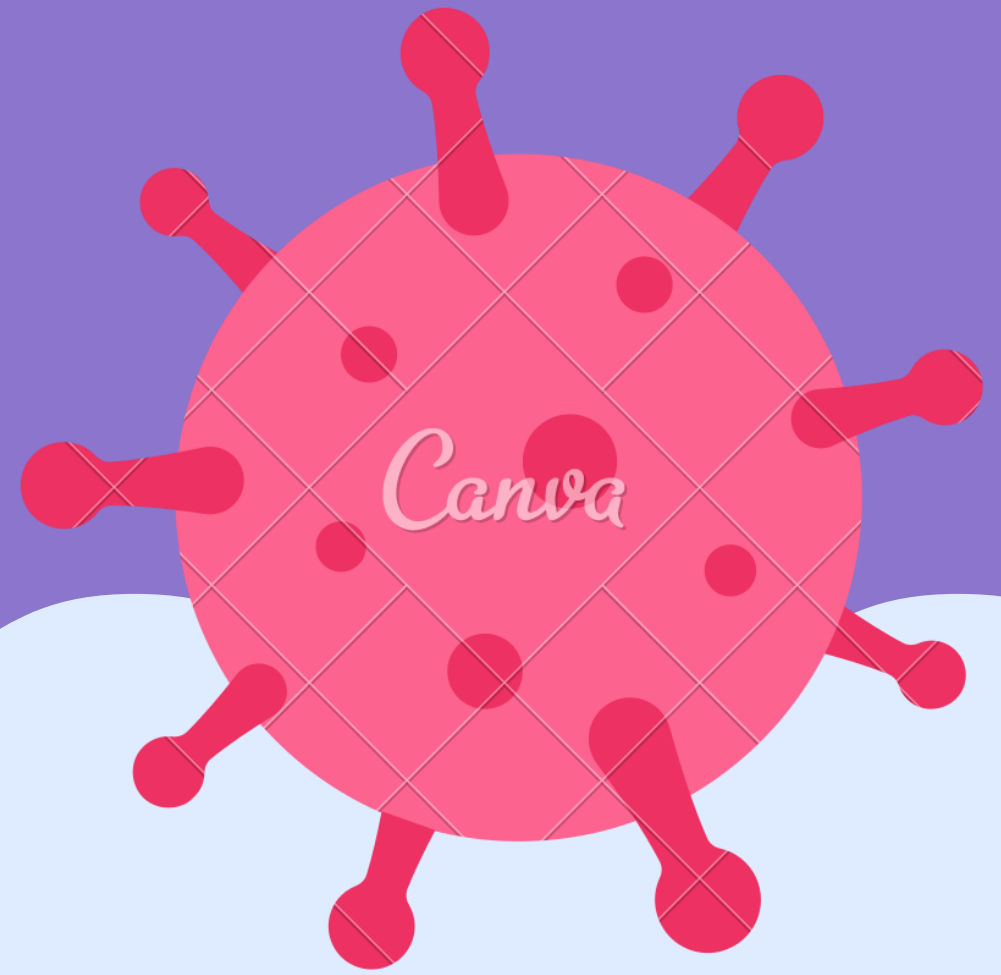
- Fever
- Cough
- Shortness of Breath

Seek medical advice if:

- You develop worsening symptoms
 - You have been in close contact with a person known to have COVID-19
- You live in or have recently been in an on an area with ongoing spread of COVID-19



Prevent the spread of COVID-19 in 7 STEPS



01 Wash your hands frequently

02 Avoid touching your eyes, nose and mouth

03 Cover your cough using the bend of your elbow or a tissue

04 Avoid crowded places and close contact with anyone that has fever or cough

05 Stay at home if you feel unwell

06 If you have a fever, cough and difficulty breathing, seek medical care early — but call first

07 Get information from trusted sources

