

***USE  
YOUR  
OWN  
STUFF.***

Refrain from using other's phones, computers, and other work tools. Avoid touching your eyes, nose, and mouth with unwashed hands.

# WELCOME.

**PLEASE WAIT FOR  
COVID SCREENING.**

Monitor your temperature if you could be sick. Symptoms may appear 2-14 days after exposure to COVID-19. If you think you may have been exposed to the virus, contact your healthcare provider.



# SAY, "AHHH."

**SOMEDAY  
THIS POSTER  
WILL BE AN  
ARTIFACT.**

Let's beat COVID-19 together! Practice social distancing, wear a mask, wash your hands and stay at home if you are sick.

Handwashing is one of the best ways to protect yourself and your family from getting sick. Wash your hands often with soap and water for at least 20 seconds.

**WASH**

**YOU DON'T KNOW**

**YOUR**

**WHERE THEY HAVE BEEN.**

**HANDS.**

**DON'T  
FEEL  
WELL?**

Most people with COVID-19 have mild illness and can recover at home without medical care. Do not leave your home, except to get medical care. Do not visit public areas.

**STAY  
HOME.**

# **USE EPA APPROVED CLEANING PRODUCTS (BUT DON'T DRINK THEM)**

**Clean AND disinfect frequently touched surfaces daily. This includes tables, doorknobs, light switches, countertops, handles, desks, phones, keyboards, toilets, faucets, and sinks.**

***DON'T TOUCH  
ANYTHING YOU  
DON'T HAVE  
TO TOUCH.***

Wash your hands after you have been in a public place and touched an item or surface that may be frequently touched by other people, such as door handles, tables, gas pumps, shopping carts, or electronic cashier registers/screens, etc.



***PRETEND YOUR FACE  
IS A HOT STOVE...***

***DON'T TOUCH IT.***

Avoid touching your eyes, nose,  
and mouth with unwashed hands.

Wash your hands often with soap  
and water for at least 20 seconds  
especially after you have been in  
a public place, or after blowing  
your nose, coughing, or sneezing.



# KEEP SURFACES

# SHIPSHAPE.

Practice routine cleaning of frequently touched surfaces including: tables, doorknobs, light switches, countertops, handles, desks, phones, keyboards, toilets, faucets, sinks, etc.

**APART**

**KEEP  
6 FEET  
BETWEEN  
YOU.**

Limiting face-to-face contact  
with others is the best way to  
reduce the spread of COVID-19.

**TOGETHER.**

**IS THE**

**NEW**



**A  
CROWD  
IS SO  
LAST  
YEAR.**

Remember that some people without symptoms may be able to spread COVID-19. Stay at least 6 feet (about 2 arms' length) from other people.

**IS THAT THE SUN?**



**WORK  
OUTSIDE**

Employees may benefit from their work being located in a well-ventilated workplace (outside), versus indoor work environments where air is recirculated to some extent and social distancing may be more difficult.



CHIN UP

**CHIN UP**

CHIN UP

**BUT KEEP IT COVERED.**

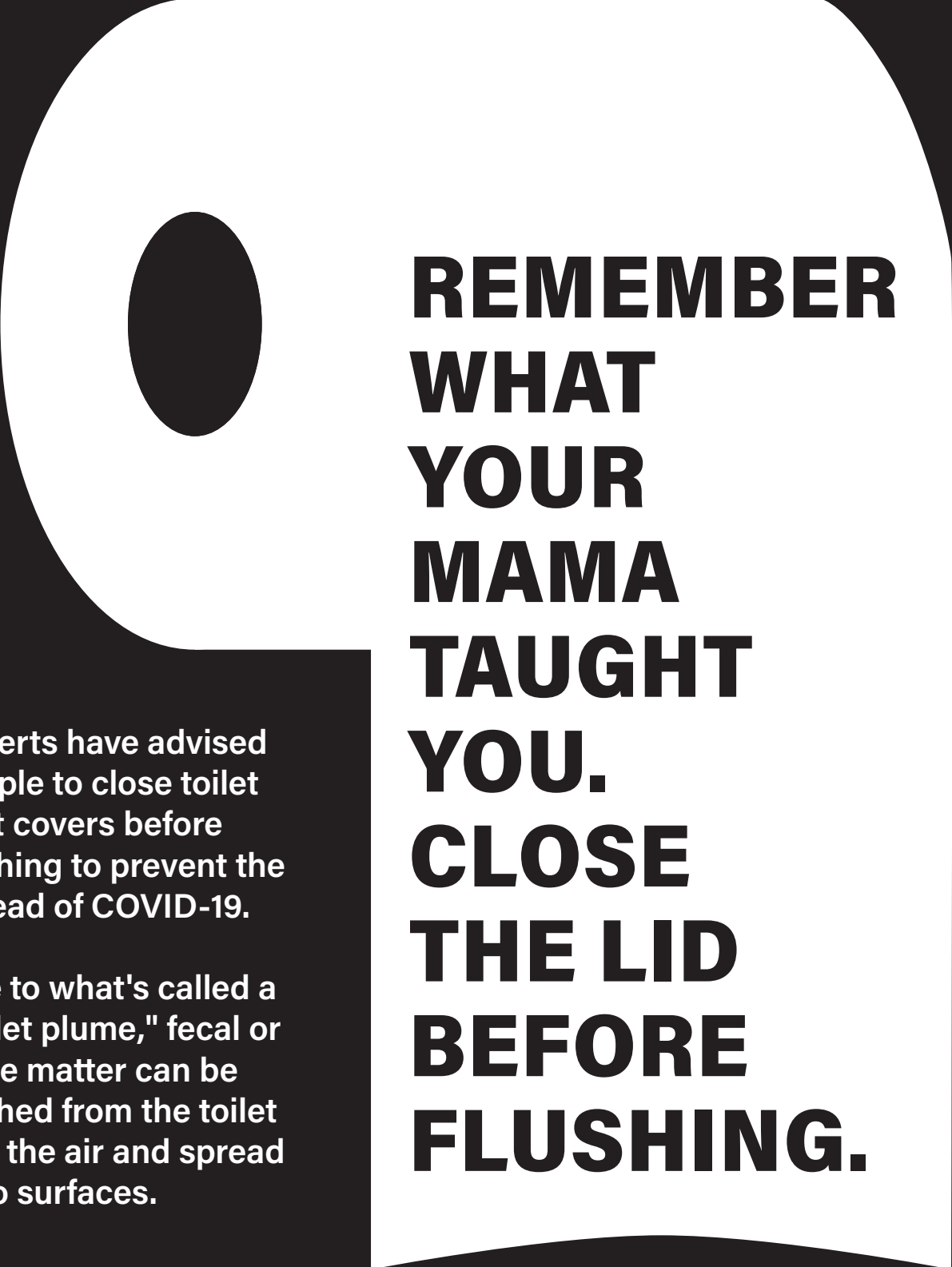
You could spread COVID-19 to others even if you do not feel sick. Everyone should wear a cloth face cover when they have to go out in public, for example to pick up necessities.



**WHEN IN DOUBT...  
DON'T EAT IT.**

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Before preparing or eating food, it is important to always wash your hands with soap and water for 20 seconds for general food safety.



Experts have advised people to close toilet seat covers before flushing to prevent the spread of COVID-19.

Due to what's called a "toilet plume," fecal or urine matter can be pushed from the toilet into the air and spread onto surfaces.

**REMEMBER  
WHAT  
YOUR  
MAMA  
TAUGHT  
YOU.  
CLOSE  
THE LID  
BEFORE  
FLUSHING.**

**REMEMBER WHAT  
YOUR MAMA  
TAUGHT YOU.**

**COVER YOUR FACE  
WHEN YOU SNEEZE  
OR COUGH.**

It is important to cover your face when you sneeze or cough as COVID-19 is thought to spread through respiratory droplets produced when an infected person coughs, sneezes or talks.



**IT AIN'T  
SNITCHIN'**

**IF YOU'RE  
ITCHIN'.**

**Call the 311 Customer Service Center  
anytime (24/7) by dialing 311 (within  
San Francisco) or (415) 701-2311  
(outside San Francisco) to report  
health & safety concerns.**

# SPREAD

# J — OY

# NOT

You could spread COVID-19 to others even if you do not feel sick. Avoid close contact, cover your cough/sneeze, clean and disinfect surfaces, avoid touching, etc.

# GERMS

**EAT WISELY**

**SOUNDLY**

**SLEEP**

**LIVE HAPPILY  
EVER  
AFTER**

Boost your immune system and help your body fight against infection. If you think you may have been exposed to COVID-19, contact your healthcare provider.

**A NOD**

***NO HANDSHAKES.***

**WILL**

***NO HUGS.***

**SUFFICE.**

Say hello from a distance! Stay at least 6 feet (about 2 arms' length) from other people. You could spread COVID-19 to others even if you do not feel sick.