

# HELP TO PROTECT YOURSELF & OTHERS AT WORK DURING COVID-19



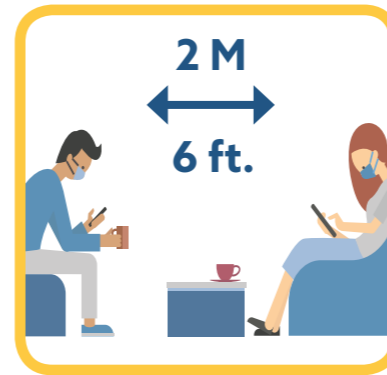
**Stay home if  
you're feeling  
sick**



**Follow workplace  
protocols for  
COVID-19. If you're  
not sure, ask your  
manager or health  
& safety lead**



**If carpooling  
to work, keep  
windows down,  
limit the number  
of passengers &  
wear masks**



**Keep 2 metres/  
6 feet from others  
at all times while  
working & during  
breaks**



**Wear your mask  
or face covering**



**Wash your hands  
often, especially  
after touching  
surfaces or  
objects that are  
frequently touched  
by other people**