STAY HEALTHY, HUSKIES

Take these steps to help prevent spreading the coronavirus that causes COVID-19.

**Wash hands** often with soap and water for at least 20 seconds. If water’s not available, use **hand sanitizer** with 60–95% alcohol.

**Avoid touching your eyes, nose or mouth** with unwashed hands.

**Practice physical distancing:** Avoid crowds and keep 6 ft. of distance from others.

**Wear required face coverings** in common areas and when working around other people, both indoors and outdoors. **Medical masks and/or other PPE are required** when it’s not possible to keep 6 ft. of distance while working.

If you’re sick, **stay home** and avoid close contact with others. **If you need to miss work**, contact your supervisor directly.

If you’re sick or concerned about your symptoms, **stay home and contact your health-care provider** before seeking medical care in person.

For more info: [uw.edu/coronavirus](http://uw.edu/coronavirus)

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