Stay home when you’re sick. Stay home for at least at least 1 day after your fever has resolved without the use of fever-reducing medications and there is improvement in your symptoms (e.g., cough, shortness of breath), and at least 10 days have passed since your symptoms first appeared.

Wash your hands often with soap and water for at least 20 seconds. If soap and water are not available, use alcohol-based hand sanitizer that contains at least 60% alcohol. Wash your hands before meals, after using the restroom and after coughing and sneezing.

Cover your coughs and sneezes with a tissue, and then dispose of the tissue and clean your hands immediately. If you do not have a tissue, use your elbow (not your hands).

Do not touch your mouth, eyes, nose with unwashed hands.

Avoid contact with people who are sick.

Avoid sharing food or drinks. Bring food and water bottles from home if possible in order to avoid busy food trucks.

Drive to worksites or parking areas by yourself—no passengers or carpooling unless they are individuals who live in your home.

Avoid sharing items such as phones or tools. If tools have to be shared be sure to wipe them down with a disinfectant wipe before and after sharing.

Constantly observe your work distances in relation to other staff. Maintain the recommended minimum 6 feet separation from one another at all times.

Disinfect frequently touched objects and surfaces such as workstations, keyboards, telephones, handrails, machines, shared tools, elevator control buttons and doorknobs.

Wear a face covering anytime you are around other employees or the public.