WASH
Wash hands with soap and water for at least 20 seconds.

AVOID
Avoid coming to work when you are ill. Regularly monitor yourself for fever and symptoms consistent with COVID-19.

COVER
Wear a face mask or cloth face covering at all times, including in breakrooms or other spaces where you might encounter co-workers.

CLEAN
Clean cell phones and laptops. Routinely clean with disinfectants. It lowers the risk of spreading COVID-19.

DON’T TOUCH
Avoid touching your eyes, nose, and mouth with unwashed hands.

SEPARATED
Use designated areas to take breaks, eat, and drink. Use space that allows at least 6 feet of distance apart from each other.

Visit modental.org and cdc.gov for more information.