

PREVENT THE SPREAD OF INFECTION

**CLEAN HANDS**



**OFTEN**



## PROTECT YOURSELF & OTHERS:

- Wash with soap and water for at least 20 seconds, or use hand sanitizer.
- Avoid touching your eyes, nose, or mouth.
- Cover your mouth and nose when you cough or sneeze.
- Stay home, or go home, if you feel ill.
- Stay informed by visiting:

[Oregon Health Authority's COVID-19 FAQ webpage](#)

[Center for Disease Control COVID-19 webpage](#)

**R&H**  
CONSTRUCTION