Meat and Poultry Processing Employees

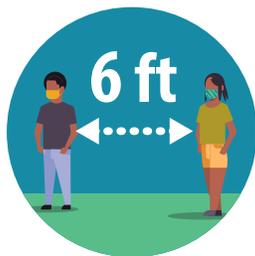## Things you can do at work and at home to protect from COVID-19

STAY HOME if you are sick.

- Stay in one room and away from other people in your home as much as you can.
- Talk with a doctor and your supervisor about when you can return to work.

Symptoms to watch for:

- Fever
- Cough
- Shortness of breath or difficulty breathing
- Chills
- Muscle pain
- New loss of taste or smell
- Sore throat

Try to keep 6 feet away from other people at work and in public.

- Avoid being close to others in locker rooms, break areas, hallways, and at entrances and exits.
- Keep apart from others while talking.
- Do not share drinks or food with coworkers.

Wear a cloth face covering over your mouth and nose while in the workplace or in public.

- Wear your covering snugly, but comfortably, against the sides of your face.
- When taking off your covering, try not to touch your eyes, nose, or mouth, and then wash your hands right away.
- Wash or replace the face covering after use.
- Replace the face covering when it is wet or dirty.
- Try to keep 6 feet away from others even if you are wearing a cloth face covering.
- Continue to wear the personal protective equipment (PPE) required for your normal job.

cdc.gov/coronavirus

Do not touch your eyes, nose, or mouth:

- With unwashed hands
- While wearing gloves
- While adjusting or removing your face covering or safety glasses

Wash your hands with soap and water for at least 20 seconds or use an alcohol-based hand sanitizer that contains at least 60% alcohol:

- Before and after work shifts and breaks
- After blowing your nose, coughing, or sneezing
- After using the toilet
- Before eating
- Before and after preparing food
- After putting on, touching, or removing cloth face coverings

Cover your coughs and sneezes.

- Cover your mouth and nose with a tissue or the inside of your elbow.
- Throw used tissues in the garbage.
- Wash your hands or use hand-sanitizer right after sneezing or coughing.