

Manufacturing Employees

Things you can do in and outside of work to protect yourself and your coworkers from COVID-19

Accessible version: <https://www.cdc.gov/coronavirus/2019-ncov/community/guidance-manufacturing-workers-employers.html>



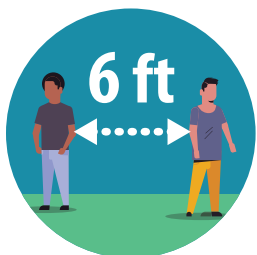
STAY HOME if you are sick.

Symptoms to watch for:

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

Avoid contact with others while you are sick

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



Stay at least 6 feet (about 2 adult arms' length) from other people at work and in your community as much as possible

- Stay at least 6 feet apart during conversations, in locker rooms, hallways or corridors, and when entering or leaving your workplace
- Do not share drinks or food with coworkers
- Tools should be regularly [cleaned and disinfected](#), especially when you change workstations or move to a new set of tools
- Do not carpool, if possible



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

- Fit your covering snugly, but comfortably, against the sides of your face
- When removing your face covering, try not to touch your eyes, nose, or mouth, and wash your hands immediately
- Wash or replace the face covering after use
- Replace the face covering when it is wet or dirty
- Continue to wear the personal protective equipment (PPE) required for your normal work tasks



[cdc.gov/coronavirus](https://www.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
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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 restroom
 - Before eating
 - Before and after preparing food
 - After putting on, touching, or removing cloth face coverings.
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Cover your coughs and sneezes

- Cover your mouth and nose with a tissue or use the inside of your elbow if you have no tissue
- Throw used tissues in the garbage
- Immediately [wash your hands](#) or use hand-sanitizer containing at least 60% alcohol after sneezing or coughing