



COVID-19: Back-to-Work Safety

Protect Yourself

[FloridaHealth.gov/COVID-19](https://www.floridahealth.gov/COVID-19) • Florida Department of Health

Wear a cloth face covering over your mouth and nose. Go to [CDC.gov](https://www.cdc.gov) and search “cloth face coverings” or scan the code with your phone app. Face coverings should:



- Fit snugly and comfortably on your face.
- Allow you to breathe easily.
- Be machine washed and dried every day.



Don't touch your eyes, nose or mouth with unwashed or gloved hands, or when you adjust or remove your face covering or safety glasses.

Wash your hands with soap and water for at least 20 seconds or use a 60% or more alcohol-based hand sanitizer. Clean hands:



- Before and after shifts and breaks.
- After blowing your nose, coughing or sneezing.
- After using the restroom.
- Before eating.
- Before and after preparing food.



Keep 6 feet between you and your co-workers or customers.

- Avoid groups of 10 or more during work meetings and breaks.
- Don't shake hands with co-workers or customers.
- Don't share drinks or food, and don't carpool, with co-workers.
- Keep your distance from co-workers or customers who look sick.

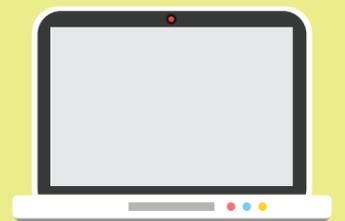


6 feet



Don't share work surfaces, phones, computers, supplies or work tools with co-workers—if possible. If you must share, disinfect surfaces and things before you use them. Also:

- Disinfect surfaces and things that customers touch.



If you feel sick or have COVID symptoms, stay home or go home.

- Call your health care provider and follow-up with your supervisor.
- Go to [CDC.gov](https://www.cdc.gov) and search for “COVID symptoms” or scan the code with your phone app.

COVID Symptoms:

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



For health and safety steps for specific occupations, go to [CDC.gov/coronavirus/2019-ncov/community/worker-safety-support](https://www.cdc.gov/coronavirus/2019-ncov/community/worker-safety-support) or scan the code with your phone app.

