The best way to prevent illness is to avoid being exposed to the virus. Anyone can have COVID-19, even those who feel completely fine. You could be contagious right now! Act like everyone outside of your “quarantine family” has COVID-19 and take precautions.

**LEVEL ONE – DISTANCING**

- Work rooms and break rooms are often small or underventilated. Workers may overestimate how many people can be in them.
- Lunch is the riskiest time of the work day because you have to remove your mask. Eating alone is the safest option. Consider eating outside.
- Follow occupancy recommendations and work at least 6 feet apart.

**AT LEAST 6 FEET APART**

**HOW FAR IS 6 FEET?**

If both people can stretch their arms out and their fingers still don't touch, it's about 6 feet.

**LEVEL TWO – MASKING**

- COVID-19 is mostly droplet spread and can get into a susceptible person's mouth, nose or eyes. Some smaller droplets called aerosols can stay in the air for a longer time and spread farther than 6 feet.
- **MASKS ARE A DOUBLE WIN**
  - They hold in respiratory droplets so there are fewer in the air. And they help filter any virus that might be in the air.
  - Some masks are better than others at filtering out the virus. Use the right mask for the right scenario.

**KEEP NOSE AND MOUTH COVERED**

Wear a mask when in a building that isn’t your home and anytime you are going to be within 6 feet of someone outside.

**LEVEL THREE – EYE PROTECTION**

- **GLASSES ALONE ARE NOT ENOUGH**
  - If those around you don't have a mask on, their respiratory droplets could get into your eyes.
  - Use goggles or, better yet, a face shield that can protect your mask from contamination as well.
  - If you can't wear a mask for a medical reason, wear a face shield.
  - Clean your shield right away so you don't contaminate where you store it.

**BONUS LEVEL**

- Other safety measures:
  - Practice good hand hygiene.
  - Clean shared surfaces before and after using them.
  - Stay home if you have any symptoms of COVID-19.
  - Inform work about outside exposures.

**SOURCE:** DR. EMILY LANDON, INFECTIOUS DISEASE EXPERT