Be Safe. Stay Healthy.

How to Prevent the Spread of COVID-19

- Wash your hands often and thoroughly (20 seconds) with soap and warm water. Make sure you are cleaning between your fingers and under your nails.
    - If soap and water is not available, use the hand sanitizer that is provided near all the main doors.
- Routinely clean and disinfect shared surfaces such as countertops, doorknobs, and phones.
- Cover your cough or sneeze with a tissue, and dispose of promptly.
    - If your cough is continuous, please use one of the etiquette masks provided by ARUP*.
- Avoid touching your eyes, nose, and mouth as much as possible.
    - If you find yourself touching your face often, make sure to use hand sanitizer in between hand washings.
- Avoid close contact with people who appear to be ill.
- Avoid shaking hands, especially with those who appear to be ill.
- Contact your supervisor if you are sick. Employees are encouraged to stay home if they feel ill.

Visit cdc.gov/coronavirus/2019-ncov for the most updated information.

*ARUP provides etiquette masks for ARUP employees to use during their work shift. Masks can be found near main exits in ARUP facilities. The University of Utah Health provides them in all clinic and hospital facilities.

- Do not take masks home, and only use them if you have recently been ill or suspect you might have a communicable illness.
- Contact Jeff Harris if you notice an empty container.

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