ATTENTION ALL EMPLOYEES

PROTECT YOURSELF, FAMILY, AND COWORKERS

- Practice social distancing. Do not congregate in breakrooms, corridors, lounges, and offices. Keep a space of six (6) feet between yourself and your coworkers.
- Stay home if you are sick. Report illness to your immediate supervisor.
- Do not take fever-reducing medication or over the counter cold/flu medications to allow you to return to work. These medications may mask signs/symptoms, but will not prevent the spread of COVID-19.
- Limit close contact with people who are sick.
- Avoid touching your eyes, nose, and mouth.
- Avoid handshakes. Try an elbow bump.
- Wash your hands often with soap and water for at least 20 seconds.
- If soap and water are not readily available, use an alcohol-based hand sanitizer with at least 60% alcohol.
- Clean and disinfect frequently touched objects and surfaces like phones, keyboards, breakroom refrigerator handles, microwave door handles, door handles, etc.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash. If you do not have a tissue, use your sleeve (not your hands).
- Get a flu shot to prevent the flu if you have not done so this season.

KNOW THE FACTS AND KEEP INFORMED:

CDC’s COVID-19 Website: https://www.cdc.gov/coronavirus/index.html
NJ Department of Health COVID-19 Website: https://www.nj.gov/health/cd/topics/ncov.shtml
NJ COVID-19 Information Public Call Center: 1-800-222-1222.
NJ Statewide Information and Resource Service: 2-1-1

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