LET’S KEEP UMASS BOSTON HEALTHY

General Guidelines for Staying Healthy

Take these steps to help prevent spreading the coronavirus that causes COVID-19.

Wash hands often with soap and water for at least 20 seconds. If water’s not available, use hand sanitizer with 60-95% alcohol.

Avoid touching your eyes, nose, or mouth with unwashed hands.

Practice physical distancing: avoid crowds and keep 6 feet of distance from others.

Wear required face coverings in common areas and when working around other people, both indoors and outdoors. Medical masks and/or other PPE are required.

Only touch the ties or ear straps of your mask, not the front, and wash your hands after handling.

If you are sick, stay home and avoid close contact with others. If you need to miss work, contact your supervisor directly.

www.umb.edu/coronavirus