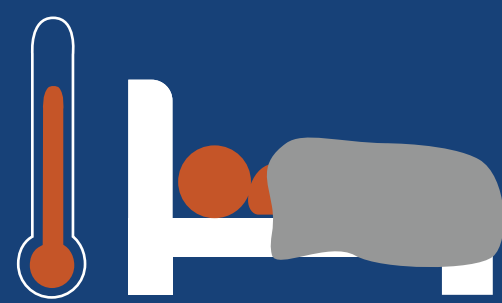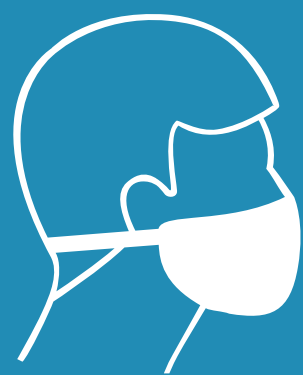# Help prevent the spread of Covid–19.
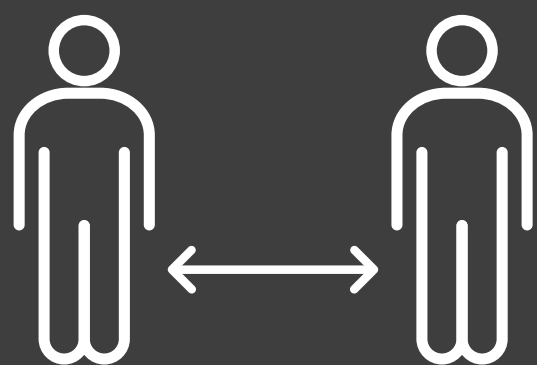
Simple steps to help stop the spread.

Stay home if you feel sick.
Even if your symptoms are mild.

Face coverings required at all times.

Wash and sanitize hands before returning to work

Clean and sanitize surfaces frequently.

Clean and sanitize surfaces frequently.

10 minutes

Limit face-to-face contact to under 10 minutes.