# How to Protect Yourself and Others COVID-19

## **If you are sick <u>Stay Home</u> except to get medical care**

When you are sick or experiencing symptoms of COVID-19 we request that you access your Union Services and Benefits by phone or e-mail. Doing so will help contain the spread

**Monitor your health daily** – Be alert for symptoms. Watch for fever, cough, shortness of breath, or other symptoms of COVID-19. Take your temperature if symptoms develop. If you have symptoms, especially if you've been around someone with COVID-19, get tested as soon as possible

**Wear a mask** – When visiting the Union Office or Fund Office you must wear a mask at all times

**Stay 6 feet from others** - Remember that some people without symptoms may be able to spread the virus. Keeping distance from others is especially important for people who are at higher risk of getting very sick

**Test to prevent spread to others** - Over-the-counter self-tests can be used at home or anywhere, are easy to use, and produce rapid results. Consider using a self-test before joining indoor gatherings with others who are not in your household

**Wash your hands often** - Wash your hands often with soap and water, especially after you have been in a public place. Avoid touching your eyes, nose, and mouth with unwashed hands