Putting your health first shows you care.
Protecting yourself from COVID-19 at home and at work saves lives.

When you're off work and in the community:
- Wear a face covering and keep at least 6 feet away from others.
- Wash your hands often with soap and water. If you can’t wash, use an alcohol-based hand sanitizer.
- Wear a face covering and keep at least 6 feet away from others.
- Never come to work sick or with any COVID-19 symptoms! These include:
  - Fever
  - Chills
  - Cough
  - Fatigue
  - Sore throat
  - Diarrhea
  - Headache
  - New loss of sense of taste or smell
  - Congestion or runny nose
  - Shortness of breath or difficulty breathing
  - Muscle or body aches
  - Nausea or vomiting

Your residents are counting on you to stay well. Their lives depend on it.

You can get this document in other languages, large print, braille or a format you prefer. Contact OHCC at 877-867-0077 or email OHCC Customer Relations: OHCC.CustomerRelations@dhsoha.state.or.us.