**Safe Behavior Practices during COVID-19:**

COVID-19 can be transmitted from person to person even if the infected person does not present any symptoms. Therefore, it is very important to assume that the virus is present around you and to follow the recommendations given by the CDC. Click here for more information: <https://www.cdc.gov/coronavirus/2019-ncov/index.html>

This is the time to take care of your community and yourself, showing solidarity and empathy. Wearing a face mask is a requirement and does not make you look weak, fearful, or insecure. On the contrary, it makes you look considerate and respectful of others. Now it is not important what others think of you; what is important is the health of your family/friends, coworkers, and yours.

**Important:** Seek medical help immediately if a sick person has breathing difficulty, is incoherent, or if his/her lips or face turn blue in color.

**At Work:**

* Wash your hands frequently.
* Wear your mask while working near your co-workers. If you need a face mask for work, you can call the *Worker Justice Center* at **1-800-724-7020**. If you want to make a face mask at home, you can visit this link for instructions: <https://padlet.com/jverdugo2/COVID19_family_resources> (click on Week 7, “*Using Masks”*).
* Keep 6 feet distance from other people with or without a face mask.
* If you do not have a disposable tissue when you sneeze or cough, use your forearm to cover your mouth.
* When you go to the break room, either clean the surfaces you are going to touch (e.g., tables, chairs, microwaves, light switches, door knobs, cell phones, etc) or wash your hands after touching such surfaces.
* If no one is assigned to clean the common areas at your work, get organized among yourselves and do the cleaning together.
* If you are transported by bus or van to the store or home, be sure to wear a mask. If possible, keep the windows open, and be careful not to touch your eyes, nose, or mouth with unwashed hands.
* If you have any COVID-19 symptoms, which might include fever, chills, headache, sore throat, muscle pain, and/or loss of sense of taste or smell, stay home and call your doctor or clinic. Also notify your supervisor immediately. *Disclaimer: This information is based on information from the Center for Disease Control and Prevention (CDC) and other reliable sources.*