

COVID-19 SAFETY TIPS FOR BREAKROOMS



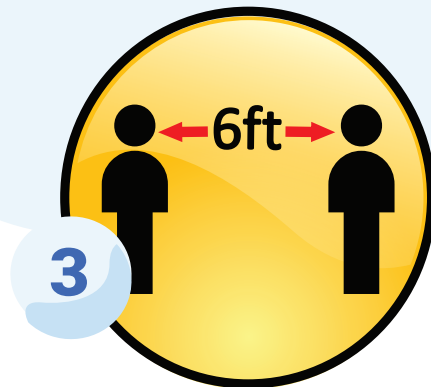
Wash Your Hands Often

Perform **hand hygiene** upon entering and leaving the breakroom and before and after you eat.



Keep Your Mask On

Keep mask on to cover your mouth and nose at all times unless you are eating. To minimize risk, **limit the time your mask is off to 15 minutes or less** as having your mask off for less than 15 minutes increases your risk of exposure.



Keep 6 Feet Away

When eating, maintain **social distance** from others, especially those that may also be unmasked to eat.



Disinfect

Clean after you eat. Objects and surfaces such as countertops, microwave, and refrigerator handles can be hotspots where bacteria can live and should be regularly disinfected.



Avoid Group Meals

Avoid social gatherings/eating as a group, such as potlucks, buffets etc. If planning a group meal for any reason, provide individually packaged servings that are "grab and go."