



Sanitize Your Hands Frequently

- **DO NOT touch your face** with unclean hands.
- Wash your hands with soap often, for at least **20 seconds**, especially after blowing your nose, coughing, or sneezing.
- Wash or sanitize your hands **before and after** any public interactions.

Addressing Disruptive Behavior

The global pandemic is changing many aspects of life and people are all trying to adapt. Our **calm, rational reactions** to disruptive situations can help everyone around us during these difficult times.



It's important that we all look beyond ourselves and treat each other as we wish to be treated.

We're all in this together.

EPIC
Risk Consulting
Training & Awareness

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LEAD THE WAY.

Your pocket guide to helping everyone stay safe during the COVID-19 pandemic.

At this troubling time, **anxiety, fear,** and **grief** are generating **stress** and **tension** which can create a difficult cycle of panic, disruptive behavior, and illness.

Do your part to **help flatten the curve** by protecting yourself, those around you and, as a result, everyone around them...

Practice Safe Social Distancing

Protect ourselves, our families, the people we see in public, and their loved ones simply by keeping a safe distance from each other to reduce the chance of infection.



When trying to visualize how far apart six feet is, it's about:

- **two** shopping carts at the store
- **one and a half** sidewalk segments
- **six** large floor tiles
- **half** a car's length

Consistent Surface Sanitizing

Remember that viruses can live on surfaces we touch for hours or days!

- Disinfect any point of contact if you're not sure when it was last disinfected.
- Regularly sanitize frequently touched surfaces such as door handles, devices, keyboards, etc.

