

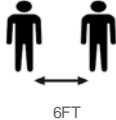




ACTION	KEY STEPS
HYGIENE 	<ul style="list-style-type: none"> • Hand hygiene • Respiratory Etiquette • Environmental hygiene & high touch surfaces
SCREENING 	<ul style="list-style-type: none"> • Exposure (sick contacts) • Symptoms and temperature (late indicators)
DISTANCING 	<ul style="list-style-type: none"> • “6 foot Rule” likely not enough when exercising/exerting • Think 15-20ft – no definitive evidence (emerging research) • Physical barriers where needed
MASKING 	<ul style="list-style-type: none"> • A mask blocks 90% of droplets <i>if worn correctly</i> • <i>I protect you, you protect me</i> • Surgical masks (preferable) or double layer cloth – when appropriate
CULTURE 	<ul style="list-style-type: none"> • Conscientiously adhering to the rules • Being mindful of others • “We are all in the same storm, but not in the same boat”