

## COVID -1 9

LOOKING AFTER OUR STAFF BEFORE YOU ENTER THE STABLES PLEASE  
FOLLOW SOME GUIDELINES TO KEEP OUR WORKPLACE SAFE



**WASH YOUR HANDS** often with soap and water for at least 20 seconds, especially after going to the bathroom; before eating; and after blowing your nose, coughing, or sneezing.



If soap and water are not readily available, use an alcohol-based hand sanitizer with at least **60% ALCOHOL**. Always wash hands with soap and water if hands are visibly dirty.



**AVOID TOUCHING** your eyes, nose, and mouth with unwashed hands.



**AVOID CLOSE** contact with people who are sick.



**STAY HOME** when you are sick.



Cover your cough or sneeze with a tissue, then **THROW THE TISSUE IN THE TRASH**.



**CLEAN AND DISINFECT** frequently touched objects and surfaces using a regular household cleaning spray or wipe.



Wear N95 face **MASKS**