STAY HEALTHY, HUSKIES

Take these steps to help prevent the spread of COVID-19 and other respiratory diseases.



Get vaccinated.

Staying up to date on COVID-19 vaccines is highly recommended.



Wear a mask to protect yourself and others.



If you're sick, stay home and avoid close contact with others.



Fill out an OARS report if you were exposed to COVID-19 in the workplace or through job-related

or through job-related activities.



Wash hands often with soap and water for at least **20 seconds**. If water's not available, use **hand sanitizer** with at least 60% alcohol.



Avoid touching your eyes, nose or mouth with unwashed hands.



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For more info: uw.edu/coronavirus
Contact Environmental Health & Safety: covidehc@uw.edu or 206-616-3344

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