

# How to Keep Work Clean and Safe

Help protect yourself, your coworkers, and your family.



**Clean and disinfect** things you touch a lot (like tables, door knobs, and restrooms) at least every 2 hours.



**Clean shared tools and equipment** with disinfectant before and after use.



**Take breaks to wash hands** with soap and water, or alcohol-based hand sanitizers, many times a day.



**Wear a face mask** at all times.



**VIRGINIA'S HEALTH  
IS IN OUR HANDS.**

Do your part, stop the spread.

**VDH** VIRGINIA  
DEPARTMENT  
OF HEALTH



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