

# PROTECT YOURSELF *and* OTHERS FROM COVID-19

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## **PRACTICE “SOCIAL DISTANCING”**

- No gatherings in groups of more than 10 people
- Stay at home as much as possible
- Keep six feet of distance from others in public
- Avoid unnecessary appointments
- Cancel unnecessary travel plans



## **WASH YOUR HANDS & COVER YOUR COUGH**

- Wash your hands often for at least 20 seconds
- Avoid touching your eyes, nose, and mouth
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash
- Clean and disinfect frequently touched objects and surfaces



## **LOOK OUT FOR THOSE AT RISK**

- Avoid visiting those most at risk
- Offer your help in getting those at risk groceries and other goods
- Take special caution to avoid exposing those at risk

The College is currently in Reduced Operations.  
Many employees are working from home.

**Hamilton**

In case of emergency please call: