

ERT Monthly Safety Tips - JUNE

Pandemic Advice

- Despite the relaxation of quarantine restrictions, the coronavirus continues to pose significant life-threatening health risks. We continue to advise all to take precautions to avoid possible contact with the virus. Our responsible behavior is working!
- STAY AT HOME as much as possible. When you must leave for essential shopping make a list of everything you need and everywhere you need to go and plan your trip to be efficient, minimizing your time out.
- When you leave home wear a mask in order to protect yourself and others.
- In public engage in the act of physical distancing by standing six (6) feet away from others
- Avoid gatherings of more than 10 people
- Wash your hands with soap and water for at least 20 seconds and wash them, frequently. Use hand sanitizer when soap and water are not available
- Avoid touching your face – eyes, nose, and mouth with unwashed hands. This requires your attention as many of us touch our face many times each hour and throughout the day
- STAY home if you are feeling sick. Call your doctor if you think you be exhibiting the symptoms of the virus to get an understanding of what to do next
- ALWAYS use a tissue when you sneeze and/or cough and immediately discard the tissue and WASH YOUR HAND or use hand sanitizer
- If you don't have a tissue readily available, place your nose and mouth securely into your inner elbow, making sure to contain your germs in your elbow
- Based on using your elbow when you sneeze/cough, you may also want to refrain from the "elbow bump" if appropriate

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- Don't shake hands or hug
- Avoid public transportation, if possible
- ADDED RECOMMENDATION FROM ERT: HAVE FAITH IN YOUR FAITH.