**COVID-19**
#covid19longbeach
longbeach.gov/covid19

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**YES**

- Upon arrival to work and throughout the day use hand sanitizer or wash hands with soap & water for at least 20 seconds.

- Space out workspaces and desks a minimum of 6ft apart to increase social distance.

- Ask employer about working from home and call-in meetings.

- Cover mouth when coughing or sneezing. Wash hands immediately after.

- Clean & disinfect frequently touched surfaces.

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**NO**

- DO NOT hang out in large groups or host/attend large meetings.

- DO NOT offer or share any kind of food samples.

- DO NOT use other employee’s desks, offices, phones, work tools or equipment.

- DO NOT come to work if you are sick or are experiencing any symptoms. Stay home.

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*LONG BEACH HEALTH & HUMAN SERVICES*