

WASH YOUR HANDS FREQUENTLY

Use warm, soapy water for at least 20 seconds when washing your hands. Make an effort to do so when you enter and exit the building, use the restroom, and on jobsites when possible, etc.



CLEAN FREQUENTLY TOUCHED SURFACES

Assign a responsible party to wipe down all communal surfaces with a broad-spectrum cleaning agent, at least 3 times a day. Pay special attention to door handles, countertops, desk phones, keyboards, and light switches.



KEEPING MONTANA HEALTHY

COVID-19 Prevention Tips

COVER YOUR MOUTH

Use a tissue to cover your mouth whenever you sneeze or cough. Discard the used tissue immediately. If you don't have access to a tissue, sneeze/cough into the crook of your arm.



FUEL YOUR BODY

Maintain a healthy diet, stay active, drink lots of water, and get plenty of sleep to keep your immune system strong!



AVOID CONTACT

Steer clear from those who are sick, especially if they are experiencing respiratory symptoms. Avoid touching, shaking hands, fist bumps, and touching your face (especially your mouth, nose, and eyes).



STAY HOME WHEN RUNNING A FEVER OF 100 DEGREES OR GREATER

Stay home when you are experiencing flu-like symptoms and/or a fever of 100 degrees or greater. Stay home until your fever has been gone for 24 hours without using fever-reducing medicine.



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