



With winter weather approaching, it's important to
PRACTICE THE FOUR Ws!

WAIT: Don't go out if you have symptoms or have had close contact with someone with COVID-19*

WASH:
your
hands

WEAR:
a face
covering

WATCH:
your
distance

* Inform your supervisor if you are unable to go to work and contact HR if you have symptoms and/or have had close contact with someone with COVID-19. Make sure to talk to your medical provider for guidance.

For more information: [Maine Center for Disease Control](#) or [Living Resources Program](#)

