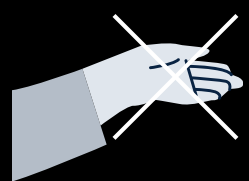


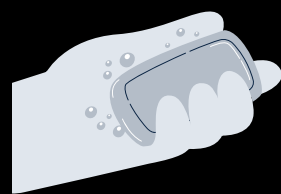
# Keep Our Workplace Safe!

The  
Consult  
Centre

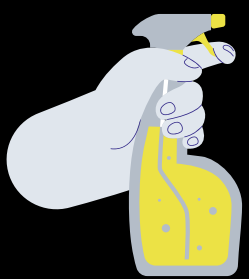
## Practice good hygiene



Stop hand shakes and use **non-contact greeting methods**



Clean hands at the door and schedule **regular hand washing** reminders



**Disinfect surfaces** forgive us if we clean around you when you are with us



**Avoid touching your face** and cover your coughs and sneezes



**Increase ventilation**, we may have the windows open more than we usually do. by opening windows or adjusting air conditioning

## Limit your movement in the workspace

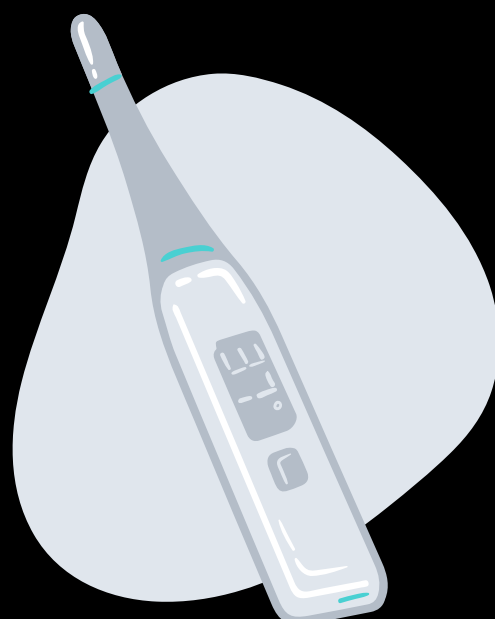
Use the **disposal cups** provided instead of mugs and glassware.

**Clean your equipment** before arriving at our offices.



## Stay home if...

- You are **feeling sick**
- You have a **sick family member** at home



## Take care of your emotional and mental well-being

Outbreaks are a stressful and anxious time for everyone. We're here to support you! Contact us to help at [hello@theconsultcentre.com](mailto:hello@theconsultcentre.com) anytime.



SOURCE: CDC.GOV