

Daily Stage 1 Checklist

BEFORE coming to work

Daily health self-check

Any of these symptoms:

sore throat, cough, shortness of breath, fever, nausea, gastrointestinal distress, loss of sense of smell or taste

STAY AT HOME! Notify your PI.

Pack liquids and lunch but plan on eating and drinking outside of ALS.

BRING a mask!

ARRIVING AT work

Put on mask before entering ALS.

Take shortest route to your lab.

WASH HANDS.

AT work

Maintain 6 ft distance as much as possible.

Be mindful of others in your surroundings.

Reserve frequently used equipment.

USE GLOVES in shared spaces - wash hands when returning to our lab.

Sanitize bathroom surfaces before and after use.

TAKE FREQUENT BREAKS OUTDOORS.

Wash hands frequently - minimum after each change of gloves.

Practise proper donning and doffing of masks.

LEAVING work

Remember next day's mask.

WASH HANDS.

ARRIVING home

Store today's mask.

WASH HANDS.