# 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.**