

Safe Breaks at Work:



- ✓ Take breaks and eat meals outdoors whenever possible.
- ✓ Wash your hands before entering the break area.
- ✓ Maintain at least 6 feet of social distancing (preferably more) when using break areas.
- ✓ Wear face coverings during breaks (unless medically exempt). Face coverings must be put back on immediately after eating or drinking, including while speaking between bites or sips.
- ✓ Remain seated and minimize conversation while eating and drinking.
- ✓ Comply with occupancy limits for break areas to reduce crowding and maintain social distancing.

On a work break?
Keep 6 feet apart
(preferably more)

