COVID-19: Latest Public Enemy #1

The coronavirus is a global pandemic threat to the health of the entire world population. The virus is transmitted through respiratory droplets, including air. The disease is currently spreading rapidly across the globe, with millions of cases reported worldwide. The virus can cause serious illness, including pneumonia. It is highly contagious and can be spread by asymptomatic individuals.

What to do while you are at work

- Wash your hands frequently with soap and water, or use hand sanitizer.
- Cover your mouth and nose with a tissue or your sleeve when coughing or sneezing.
- Avoid touching your eyes, nose, and mouth.
- Keep a safe distance from others (6 feet or more).
- Avoid close contact with people who are sick.
- Stay home if you are sick.
- Clean and disinfect frequently touched objects and surfaces.

What to do while you are not at work

- Wash your hands frequently with soap and water, or use hand sanitizer.
- Cover your mouth and nose with a tissue or your sleeve when coughing or sneezing.
- Avoid touching your eyes, nose, and mouth.
- Keep a safe distance from others (6 feet or more).
- Avoid close contact with people who are sick.
- Stay home if you are sick.
- Clean and disinfect frequently touched objects and surfaces.

We at NEBRA are safe and staying safe from COVID-19 so that we can be there when you need us!