**Acushnet Company**

**COVID-19**

**Medical Do’s and Don’ts**

* **Do practice social distancing**

Maintain a distance of 6 ft from other people.

* **Do cover your coughs and sneezes**

Cover your mouth and nose with your sleeve or tissue when you cough or sneeze. Throw used tissues in a lined trash can.

* **Do clean your hands often**

Wash your hands often with soap and water for at least 20-30 seconds, especially after blowing your nose, coughing, sneezing, before eating or preparing food. Soap and water is the best option. If soap and water are not available use an alcohol-based hand sanitizer with at least 60% alcohol, covering all surfaces of your hands and rubbing them together until they feel dry.

* **Don’t touch your eyes, nose or mouth with unwashed hands**
* **Don’t come to work if you are sick**

Call your supervisor, then notify Medical Services 508-979-3333

3-31-2020