

# COVID-19 WORKPLACE HEALTH & SAFETY GUIDELINES

It's our mission to protect your health & safety before, during and after work in the midst of the current COVID-19 global pandemic. Follow these guidelines from the team at [Jobble](#) and stay up to date with information from local and federal authorities.



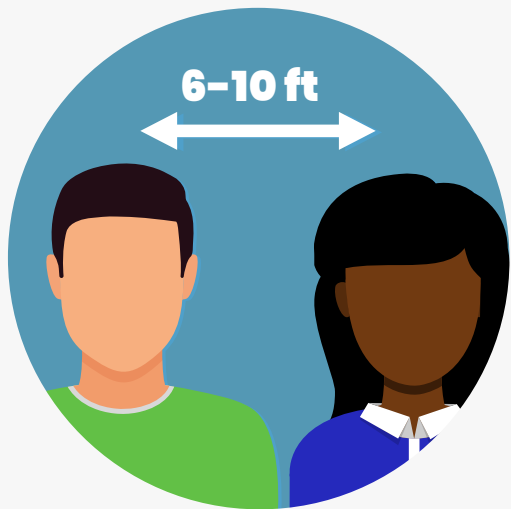
## BEFORE YOUR SHIFT

- ✓ Check for COVID-19 symptoms, including fever, dry cough and shortness of breath
- ✓ Stay home if you're sick! Follow these steps if you need to withdraw or quit, which won't affect your standing with Jobble



## GETTING THERE

- ✓ CDC recommends wearing cloth face coverings in public settings where other social distancing measures are difficult to maintain, such as public transportation. You can find more information about protecting your self on CDC's website.



- ✓ Walking or biking are your best transportation options. Both provide exercise, and you're less likely to catch or spread germs outside- great news for your immune system



- ✓ Taking public transportation? Check with your city for changes to regular routes and schedules



- ✓ If you use your own vehicle to get around, be sure to wipe down surfaces that you touch frequently, such as door handles or your steering wheel



- ✓ Whichever mode of transportation you use, try to remain 6-10 feet away from others as much as possible



## ON THE JOB

- ✓ Some companies require the use of PPE (personal protective equipment) for workers. Check with hiring managers for any information on acquiring PPE for your upcoming shifts.



- ✓ Avoid touching your face in general, but especially after coming into contact with other people, frequently touched objects and surfaces

- ✓ Wash your hands frequently for 30-60 seconds, or the time it takes to sing "Happy Birthday" twice

- ✓ Tell the hiring manager or shift manager if you feel unwell. Again, you won't be penalized by Jobble for missing work due to illness

- ✓ Wipe down anything you touch frequently throughout your shift, including your phone or any equipment/tools you use on the job

## AFTER YOUR SHIFT

- ✓ Practice good hygiene at home and protect yourself by keeping yourself and the surfaces around your home clean

- ✓ Look after your physical health by eating well, staying hydrated, getting adequate sleep and exercising

- ✓ Take care of your mental health! Be mindful of your stress levels, minimize your consumption of COVID-19-related media to only what's necessary and stay virtually connected to friends and family

- ✓ Check out our [job board](#) regularly to stay up to date with the latest openings.