



**If you have concerns
about your safety and
health during COVID-19,
OSHA can help.**

[osha.gov/worker](https://www.osha.gov/worker)

Given the evolving nature of the pandemic, OSHA is in the process of reviewing and updating this document. These materials may no longer represent current OSHA recommendations and guidance. For the most up-to-date information, consult Protecting Workers Guidance.

You have a right to:

- A safe and healthy workplace.
- Protection against hazards.
- Report unsafe working conditions.

**Call 1-800-321-OSHA (6742) or
visit [osha.gov/worker](https://www.osha.gov/worker).**



Recommended tips to stay safe:

- Social distance when possible.
- Wear a cloth face covering and gloves.
- Wash hands often with soap and water or use hand sanitizer.
- Avoid sharing tools, if possible.
- Disinfect tools before and after use by another.

**Report unsafe conditions.
It's confidential.**