

Social Distancing 2020

- Stay home if you are sick.
- **Wash your hands frequently with soap and water for 20 seconds and with a hand sanitizer upon arrival and departure. Enforce everyone that enters does the same.**
- Avoid touching your nose, mouth and eyes.
- Cover your coughs and sneezes with a tissue, or cough and sneeze into your upper sleeve. Dispose of tissues in **no-touch trash receptacles.**
- Wash your hands or use a hand sanitizer after coughing, sneezing, or blowing your nose.
- Avoid close contact (within 6 feet) with coworkers and customers.
- Don't shake hands and always wash your hands after physical contact with others.
- If wearing gloves, always wash your hands after removing them. We have gloves please use if touching frequently touched things.
- Keep frequently touched common surfaces (for example, equipment, door handles etc.) clean.
- Do not share other workers' phones, desks, picks, tack, helmets, or other tools and equipment.
- Minimize group meetings; use e-mails, phones and text messaging. If meetings are unavoidable, avoid close contact (within 6 feet) with others and ensure that the meeting room is properly ventilated.
- Limit unnecessary visitors to the barn .
- Maintain a healthy lifestyle; attention to rest, diet, exercise and relaxation helps maintain physical and emotional health.

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