



# MY HEALTH SOCIAL DISTANCING GUIDELINES AT WORK

The CDC has recommended that people implement certain social distancing practices to slow the spread of the new Coronavirus, COVID-19. The Companies (PJ Dick, Trumbull, Lindy, Gulisek) have identified the following guidelines to help maintain a safe and healthy workplace.



Minimize in-person meetings. Use online conferencing, email or the phone when possible, even when people are in the same building. Limit meeting participants to essential personnel.



Keep in-person meetings short, in a large meeting room where people can sit at a comfortable distance, and avoid shaking hands.



Cancel or postpone non-essential business travel, meetings, gatherings, workshops and training sessions.



Practice good hygiene and refer to the MY HEALTH RESPIRATORY VIRUSES: WHAT YOU SHOULD KNOW safety guidance.

