

COVID-19 SAFETY TIPS and RESOURCES



Bula is committed to providing support during this crucial time. We hope this is helpful to you, our community of partners and colleagues.

TIPS:

- 1.** Disinfect areas around your office and home.
- 2.** Wash your hands for at least 20 seconds.
- 3.** When sneezing or coughing, use a tissue. Throw used tissues in a lined trash can. If you do not have a tissue, cough or sneeze into your elbow and not your hands. Then wash your hands for at least 20 seconds.
- 4.** Stay home, if possible. Avoid any non-essential travel.
- 5.** Avoid groups of more than 10 people.
- 6.** Social distancing: keep at least a 6-foot distance from others.
- 7.** Stay connected, while practicing social distancing. Call, text, and video chat with friends and family.
- 8.** Avoid those that are sick.
- 9.** Try not to touch your eyes, nose and mouth.
- 10.** Use hand sanitizer whenever soap and water are not available.

RESOURCES:

- 1.** Centers for Disease Control and Prevention
- 2.** Occupational Safety and Health Administration
- 3.** U.S. Food & Drug Administration
- 4.** Bula's Short-term Current Law Database subscriptions