



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

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

### **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.**