

Protect Yourself and Others

Aug 28, 2020



Fall is around the corner and many kids are headed back into the classroom. With more people sure to be spending more time indoors, let's all be sure we continue to follow these health and safety recommendations from the Centers for Disease Control and Prevention (CDC):

- Stay at least 6 feet away from others.
- Stay home if you are feeling ill and avoid contact with people who are sick.
- Wash your hands often, with soap and water, for at least 20 seconds each time.
- Use hand sanitizer if soap and water are not available.
- Clean and disinfect frequently touched surfaces daily.
- Wear a mask – they are [effective](#) in helping to prevent the spread of this highly contagious virus.

And if you missed it, watch our Traveling Reporter **Karen Clark** share some good tips to keep in mind when wearing a mask, including a cool hack for keeping eyeglasses fog-free. [Watch it here!](#)

Employees can find additional information on the company's response to COVID-19 on the *FirstEnergy Today* portal, the [Corporate Health & Safety SharePoint](#) site or [MyFirstRewards.com](#). Please print and post important information for employees who do not access the portal routinely.