



As many people begin returning to the physical workspace, it is important for each of us to do our part to keep ourselves and those around us healthy. Here are a few tips to help you stay healthy as you navigate this new work environment.

USE SAFETY PRECAUTIONS

The CDC guidelines for reopening say that supplies like soap, hand sanitizer with at least 60% alcohol, tissues, paper towels and no-touch trash canisters are essential.



SET AND RESPECT HEALTHY BOUNDARIES

From a place of compassion, not confrontation, you can share with those around you, such as your team, what you need from them in order to be successful in this new environment. This could include telling them what you need more of, less of or what you need to be able to do during your day that will allow you to thrive in the physical space. It is important to remember that everybody will have their own idea of healthy boundaries. Be sure to ask people you are in close contact with what their boundary expectations are as well.

STAY HOME IF YOU ARE ILL

It is important in the reduction of spreading illness to stay home and self-isolate even with minor symptoms.