

# BE COVID WISE



IN LUNCH ROOMS,  
BREAK ROOMS, AND  
STAFF ONLY AREAS

## DO



Wear a face covering/  
mask at all times. Only  
remove when seated to  
eat or drink.



Keep a 2 metre physical  
distance from others at  
all times, such as during  
breaks, during work, and  
before and after shifts.



Clean your hands before  
and after eating.



Follow the maximum  
capacity limit of the  
lunch or break room.



Clean and disinfect all  
appliances before use.

## DON'T



Don't sit closer than  
2 metres from co-workers  
while eating or drinking in  
the break room.



Don't remove your face  
covering to eat or drink  
in areas that are **NOT**  
dedicated break or  
eating areas.



Don't allow large groups to  
take breaks and socialize  
at the same time. Stagger  
lunch times and break times.



Don't share food or drinks  
with others.



Don't cough or sneeze into  
the open air. Cover with a  
tissue or your sleeve.

*Protect yourself and your co-workers from  
COVID-19 in the workplace by following  
these simple DOs and DON'Ts.*

