

RL HEALTH STANDARDS

YEAR-ROUND GUIDELINES



MONITOR YOUR HEALTH
Monitor your health and **DO NOT** come to work if you have ❶ fever over 99.7 (measured in the ear), ❷ cough, ❸ difficulty breathing.



WASH YOUR HANDS
Wash hands frequently at either the **KITCHEN HAND WASH SINK** or in the **STAFF RESTROOM**. Always wash your hands ❶ before you start work, ❷ before, during, and after preparing food, ❸ after using the toilet, ❹ after touching your face, ❺ after taking out the garbage or recycling, ❻ after your break, ❼ after touching animals, and ❽ after eating.



COVER YOUR MOUTH
Cover your mouth/nose with a tissue or, if a tissue is not handy, use the crook of your elbow to cover your mouth and nose.



DO NOT SHAKE HANDS
Do not shake hands with anyone or have any skin-to-skin contact with any guest or member of the staff. Do not touch your face.



WEAR A MASK
Minimize saliva spray, which occurs naturally when speaking, by wearing a mask when handling cheese and charcuterie.



WEAR COTTON GLOVES
Wear clean, white, cotton gloves when you are handling place settings (knives, forks, spoons, plates, glasses, salt and pepper shakers, etc.), handling anything silver, and when you are serving food or beverages. Change your cotton gloves ❶ whenever they become dirty, ❷ after touching your face, ❸ after cleaning the floor, and ❹ after you use the restroom.



WEAR VINYL GLOVES
Wear vinyl gloves in the kitchen when handling food. Dispose of the gloves between tasks and when you leave the kitchen.

COVID-19 SPECIFIC GUIDELINES



ISOLATE AFTER TRAVEL
Do not come to work for **14 days** after returning from a foreign country including Canada and Mexico.



ISOLATE AFTER A CRUISE
Do not come to work for **14 days** after returning from a cruise including cruises that do not venture into international waters.



ISOLATE AFTER CONTACT
Do not come to work for **14 days** if you have been in contact with a person who has tested positive for COVID-19.



ISOLATE IF SYMPTOMS
Do not come to work for **14 days** if you believe you have symptoms of COVID-19 (fever, cough, or shortness of breath).



DISTANCE YOURSELF
Practice “social distancing” by keeping distance from other staff and guests. The ideal distance to maintain is six feet.



DON'T TOUCH YOUR FACE
Avoid touching your eyes, nose and mouth. The mucus membranes on your face are entry-ways for COVID-19.



DISINFECT YOUR PHONE
Spray a solution of 50/50 rubbing alcohol and water on a micro-fiber cloth and then wipe your phone and phone case.



USE HAND SANITIZER
Use hand sanitizer at the **KITCHEN HAND WASH SINK**, **STAFF RESTROOM**, & **SERVICE ENTRANCE**, when soap & water are not available.



DISPOSE OF TISSUES
Dispose of facial tissues immediately (do not put in your pocket) after using them to wipe your nose face.