

# What is your tactical plan to limit your exposure to viruses?

## Start a new daily routine

- **Practice** proper hand hygiene
- **Avoid** touching your face
- **Wear** PPE consistent with your agency's policies and procedures
- **Disinfect** high-touch points, like your steering wheel and MDT

Cleaning and disinfecting whenever possible helps reduce the spread of viruses within your agency and your community



Visit [valorforblue.org](https://valorforblue.org) for additional Front Lines Together resources.



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<https://www.cdc.gov/coronavirus/2019-ncov/community/guidance-law-enforcement.html>

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