



COVID-19 COMMUNICATION TIPS

We have to be serious about safety now more than ever.

That means helping ourselves and each other from spreading COVID-19.

We have to communicate about our physical and emotional limits on the railroad.

That means speaking up even when we feel uncomfortable or awkward.

Don't know what to say? Use these tips.

Talking About Distancing



Please stand 6 feet away from me.

Don't make me get out my tape measure.

We really should stand 6ft away from each other.

I know it's weird, but let's eat lunch at different tables.

Won't it be great when we can shake hands again?

Don't touch me, bro.

Talking About Safety



I don't mind looking stupid if it saves my life.

If you're not going to wipe that down, I will.

Should you be at work?

When's the last time you washed your hands?

Please sneeze/cough into a tissue or your elbow.

I don't want to get sick, so I'm being extra careful.

Talking About Emotions



This stuff is freaking me out.

I get that COVID-19 doesn't scare you, but it scares me.

I really need a break from thinking about all this.

Can we talk about something else, please?

The news stresses me out, so I don't really want to talk about it right now.

I can't help feeling paranoid.

SPEAK UP. STOP THE SPREAD.