



Be Well Physically

- **Stay home if you don't feel well.** Before you leave the house to go into work at an office or worksite, please check your temperature. If it's greater than 100.4° F/38° C, notify your manager, contact your doctor and stay at home. Return to the office only after you are fever-free without the use of fever-reducing medications for a minimum of 24 hours. Even if you don't have a temperature, stay at home if you're ill. Take care of yourself and do your best to stay away from others. For information on sick leave and health benefits, speak to your HR representative, view the applicable policies and procedures on the [AECOM Integrated Management Systems \(IMS\) platform](#) , or go to [MyHR](#).
- **Protect yourself and others.** Try to stay at least six feet from others at all times, even in meetings and the lunch room. When you can't be six feet apart from your colleagues, wear a facial covering. Although this may not keep you from getting ill, it will reduce the chances of you spreading any germs to others.
- **Nourish mindfully.** Bring a healthy lunch and a few healthy snacks from home along with your own utensils, plates, cups and reusable water bottle. (It's a good idea to stay away from shared food-service items at this time.) Select meals and snacks that are rich in micronutrients, which help boost your immunity. Be sure to also stay hydrated throughout the day (recommended you drink eight glasses of water a day). Not only does drinking water quench your thirst, it also helps to keep you healthy by eliminating toxins and bacteria that may cause illnesses. Having food and water on hand instead of buying it at or near work minimizes your exposure to people and contaminated objects. If you need some ideas for putting together a nutritious and delicious lunch, check out these resources: [10 Tips to a Great Plate](#), [How Can I Make Healthier Snack Choices](#) and [The Importance of Good Hydration](#).
- **Wash your hands and workspace regularly.** [Wash your hands with soap and water](#) throughout the day, especially after you touch something in a public space. If you wear gloves, dispose of them immediately after use, so you don't spread germs. And disinfect your work area daily. Also, do your best not to touch your face. [Read this article](#) for tips on protecting yourself when you're in public.
- **Stay active.** Regular moderate intensity exercise for 150 minutes per week has been found to boost immunity, while also helping reduce stress and sharpen the mind. Get out and go for a brisk walk, jog, hike or even bike to a place you've never been before. See this [WHO Fact Sheet](#) on global recommendations for physical activity by age group. When you're exploring, don't forget to wear your mask and/or keep your distance from others.