

# Take a Break – Keep It Safe and Stay Healthy!



As an orthodontic team member during the pandemic, you're doing everything you can to keep your patients, your co-workers and yourself safe during patient visits. Don't forget: It's also important to take care of yourself and be aware of others' safety during your well-deserved breaks.

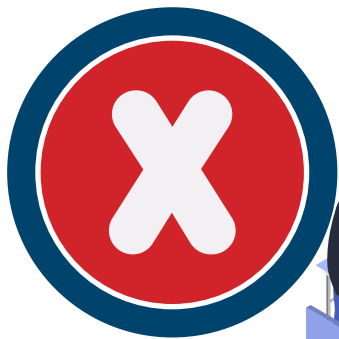
Infection control expert Jackie Dorst, who is working with the American Association of Orthodontists COVID-19 Task Force, offers the following **break room reminders** for orthodontic teams:

**1** Try to stagger lunch and break times to reduce the number of people in the break room at one time.

**2** To the extent possible, keep furniture arranged so that no one is seated within the recommended six-foot distance from anyone else.

**3** While eating or drinking, or at any other time when you may not be wearing a mask, keep conversation to a minimum.

**4** In particular, avoid face-to-face conversations within six feet of each other while not wearing masks.



**DON'T**



**DO**