EMPLOYEES: HOW TO SPEAK UP
Reminding Others to Wear a Mask

1. Set an Example
   - Wear a mask properly to reinforce this behavior in others
   - Say "Thank you" to others who wear masks

2. Pause to Think
   - Be aware of your judgment
   - Don't speak out in anger or frustration
   - Consider alternative perspectives and situations

3. Communicate Care
   - Begin a conversation by conveying your care for the person
   - Clarify your intentions for the conversation

4. Understand Limits
   - Accept that you can only control your own behavior
   - Set boundaries to keep yourself safe - like backing away from someone too close
   - Report concerns to your leader or AskHR@virginia.edu