COVID-19 Protect Yourself & Clean Hands Often

Use clean running water

Apply soap

Lather soap for at least 20 seconds

Scrub backs of hands & between fingers

Rinse

Dry with a clean towel or air dry

Use a hand sanitizer that contains at least 60% alcohol. Cover all surfaces of your hands and rub them together until they feel dry.

Slow the spread & protect others

- Avoid touching your eyes, nose and mouth
- Cover coughs and sneezes
- Throw used tissues in the trash

- Clean and disinfect frequently
- Avoid close contact with others
- If you are sick, stay home

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Source: Centers for Disease Control and Prevention