

# PREVENTING THE SPREAD

of respiratory diseases like COVID-19.



Wash your hands often with soap and warm water for at least 20 seconds.

If soap and water are unavailable, clean your hands with an alcohol-based hand sanitizer that contains at least 60% alcohol.



Cover your cough or sneeze with a tissue, then throw the tissue away and wash your hands.

If a tissue is unavailable, cover your cough or sneeze with the crook of your elbow instead of your unprotected hands.



Avoid touching your eyes, nose and mouth with unwashed hands.



Avoid close contact with people who are displaying symptoms of illness or the flu.



Clean and disinfect frequently touched objects and surfaces.

Avoid sharing dishes, drinking glasses, cups, utensils, and other household items. After using these items, they should be washed thoroughly with soap and water.



If you have traveled to areas where COVID-19 is circulating, or have been in contact with someone who has, be especially careful.

If you experience fever, cough or difficulty breathing, seek medical attention immediately. Do not self-medicate.



Stay home when you are sick, except to get medical care.

Do not go to work, school, or public areas. Avoid using public transportation, ride-sharing or taxis.



Monitor your symptoms and seek medical attention if your symptoms worsen.

If you suspect you have COVID-19, call your healthcare provider *before* visiting so they can prepare.

# WASH YOUR HANDS

Washing your hands is one of the most effective ways to prevent the spread of germs. If soap and water aren't available, use a hand sanitizer that contains at least 60% alcohol.



**1.**

## **WET HANDS WITH CLEAN, RUNNING WATER.**

Warm water is preferred, but cold will also work, if needed.



**2.**

## **LATHER BY RUBBING YOUR HANDS TOGETHER.**

Be sure to rub the backs of your hands, between your fingers, and under your nails.



**3.**

## **SCRUB FOR AT LEAST 20 SECONDS.**

Don't have a timer? Hum "Happy Birthday" from beginning to end, twice.



**4.**

## **RINSE HANDS THOROUGHLY UNDER CLEAN, RUNNING WATER.**



**5.**

## **DRY YOUR HANDS USING A CLEAN TOWEL.**

In public restrooms, use a clean paper towel or air dry. Avoid hand drying blowers or shared cloth towels.