



# PROTECT YOURSELF AND OTHERS FROM THE CORONAVIRUS

- *Everyday preventative actions*

1



Wash your hands often with soap and water for at least 20 seconds. After, please use an alcohol-based hand sanitizer.

*The proper way to apply hand sanitizer:*

Rub your hands together, covering all surfaces of both hands, including between your fingers and up around your fingertips and nails. Rub hands together for 30 seconds to allow your hands to completely absorb the product and the hand sanitizer to completely dry.

2



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

3



Avoid close contact with people who are sick. Stay home when you are sick.

4



Cover your cough or sneeze with a tissue, then throw the tissue in the trash.

5



Clean and disinfect frequently touched objects and surfaces.