

HIGH TOUCH AREA

WASH HANDS OFTEN



WASH

Wash hands frequently with soap and water for at least 20 seconds



DON'T TOUCH

Avoid touching your eyes, nose or mouth.



CLEAN

Clean and disinfect surfaces that may have been contaminated



COVER

Cover your coughs/ sneezes with a tissue and dispose. Use your elbow, not your hands.



AVOID

AVOID contact with sick people. Stay home if you are sick.