CORONAVIRUS
Protect Yourself and Others

Handwashing
Washing hands often is the number-one way to stop the spread of coronavirus (or germs—and to stay healthy).

- Wet your hands
- Lather entire hand
- Scrub between fingers and under fingernails
- Wash for 20 seconds
- Rinse and dry

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Stay home if sick
If you’re sick, stay home and avoid close contact with others.

- Avoid contact with people who are sick.
- Avoid touching your eyes, nose, or mouth with unwashed hands.
- Cover your mouth/nose with a tissue or sleeve when coughing or sneezing.

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No shaking hands
Keep your hands to yourself: no-handshake zone and avoid close contact.

ALTERNATIVE GREETINGS:
- Wave
- Vulcan salute
- “I love you” sign
- Elbow bump
- Shoulder bump

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