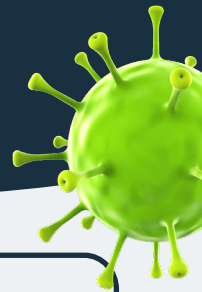




THE CORONAVIRUS:

Keeping Good Hygiene



KEEP AWARE

The new coronavirus disease 2019 (COVID-19) is a mild to severe respiratory illness with symptoms, such as:



Coughing or sneezing



Fever



Difficulty Breathing

The main way COVID-19 spreads is from close person-to-person contact. This happens from:



Within a 6-ft. distance



Respiratory droplets



Contaminated Surfaces

If you are experiencing symptoms and feel ill, be sure to see your primary care doctor.

KEEP CLEAN HANDS

Wash your hands often. The best way to do so is:



Wet with clean running water and apply soap



Lather on backs of hands, between fingers and under nails



Rub hands for 20 sec (length of "Happy Birthday" 2x)



Rinse hands well under clean, running water



Dry hands using a clean towel or air drying them

USE HAND SANITIZER WHEN THERE IS NO SOAP AND WATER



Remember that sanitizers do not get rid of all types of germs, especially with things like dirt or grease particles.

KEEP HEALTHY DISTANCE



Avoid touching your eyes, nose and mouth



Cover your mouth and nose when you cough or sneeze



Place used tissues in a waste basket



If you don't have a tissue, cough or sneeze into your upper sleeve, not your hand



Clean and disinfect using cleaning sprays or wipes



Wear a facemask if you are showing symptoms or caring for someone who is sick



Avoid shaking hands and close personal contact with others



Stay home when you are sick

