

# **PROTECT YOURSELF FROM INFECTIOUS DISEASE**

IT'S IN YOUR HANDS.

- 1. WET your hands with clean, running water, turn off the tap and apply soap.
- 2. LATHER your hands by rubbing them together with the soap.
- 3. SCRUB your hands for at least 20 seconds.
- 4. RINSE hands well under clean, running water.
- 5. DRY hands well with a clean towel, or air dry them.





# COUGH/SNEEZE ETIQUETTE. STOP THE SPREAD OF GERMS.

BLESS YOU!



- 1. Cover your mouth/nose with a tissue when you cough or sneeze.
- 2. Put your used tissue in a waste basket.
- 3. If you don't have a tissue, cough or sneeze in your upper sleeve.
- 4. Protect Others. Put on a surgical mask or N95 respirator.5. Wash your hands with soap and warm water for 20 seconds.
- 6. If soap and water isn't an option, clean your hands with alcohol-based hand sanitizer.





#### PRACTICE GOOD PERSONAL HEALTH HABITS.

TAKE PREVENTATIVE ACTIONS NOW!

- $1. \ \mbox{Avoid close contact}$  with people who are sick.
- 2. Stay at home when you are sick, except to get medical care.
- 3. Cover your cough or sneeze with a tissue or in your upper sleeve if a tissue isn't available.
- 4. Clean frequently touched surfaces daily with regular household detergent and water.
  5. Wash your hands with soap and warm water for 20 seconds.
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