COVID-19 & THE FLU

SLOW THE SPREAD OF SICKNESS. WASH YOUR HANDS OFTEN!

WASH YOUR HANDS AFTER:

- Being in a public space
- Blowing your nose
- Sneezing or coughing

WASH FOR 20 SECONDS WITH SOAP AND WATER:

- Lather hands with soap of any kind
- Lather the backs of your hands
- Lather under nails & in between fingers

NO SOAP AND WATER?

- Use hand sanitizer with 60% alcohol
- Cover all surfaces of your hands
- Rub until your hands are dry

Do your part to #FlattenTheCurve

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Source: CDC