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
vt.edu/covid-19
Source: CDC