

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

VT VIRGINIA
TECH™