

Protect Yourself from Coronavirus Disease 2019 (COVID-19)

Hand Hygiene

Regular hand washing with soap and water for at least 20 seconds should be done:

Before and after eating

After sneezing, coughing, or nose blowing

After using the restroom

Before handling food

After touching frequently touched objects or surfaces (handrails, door handles, phones, light switches, etc.)

After using shared equipment and supplies like keyboards, mice, phones, etc.

If soap and water are not available, use an alcohol-based hand sanitizer that contains at least 60% alcohol. Use of alcohol-based sanitizers should always be supervised by adults.

Respiratory Hygiene

Covering coughs and sneezes with tissues or the corner of elbow.

Disposing of soiled tissues immediately after use.

