Prevent COVID-19 — it’s in your hands!

- **Try not to touch your face with unwashed hands.**
- **Cover your mouth and nose with a tissue when you cough or sneeze. If you don't have a tissue, cough or sneeze into your upper sleeve or elbow, not your hands.**
- **Wash your hands often with soap and water. If you don't have soap and water, use a hand sanitizer that is at least 60% alcohol based.**
- **Clean and disinfect frequently touched surfaces.**
- **Don't touch or shake hands with people who are sick.**
- **Stay home when you're sick, and keep your children home when they're sick.**

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