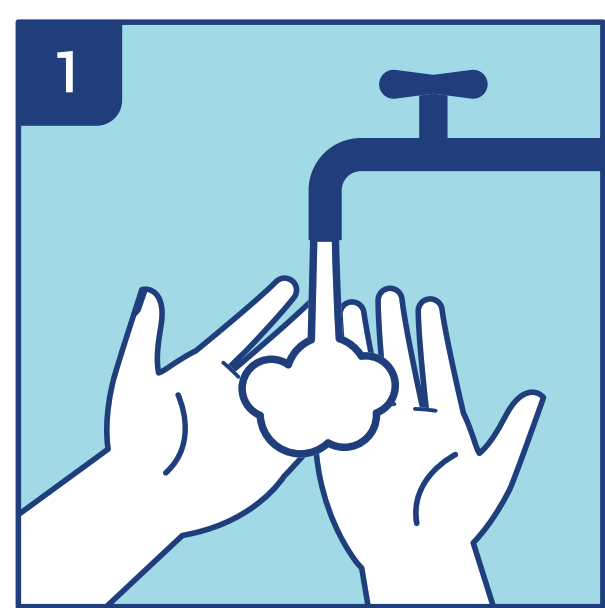


How to prevent the spread of: CORONAVIRUS DISEASE 2019 (COVID-19)

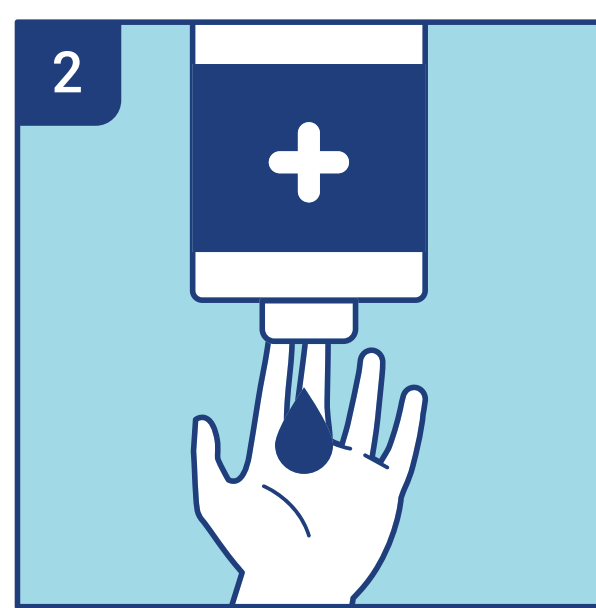
INFECTION PREVENTION STEPS

- ✓ **Wash your hands often** with soap and water.
- ✓ **Avoid touching** your **eyes, nose and mouth** with unwashed hands.
- ✓ **Cover your cough or sneeze** with a tissue, then **throw the tissue** in the trash.
- ✓ **Avoid close contact** with people **who are sick**.
- ✓ **Get a flu shot!**
- ✓ **Clean and disinfect frequently touched objects and surfaces** such as counters, door knobs, desks, keyboards, tablets, and phones.

Keeping hands clean is one of the most important things we can do to stop the spread of respiratory illnesses like flu and COVID-19.



1 WET HANDS



2 APPLY SOAP



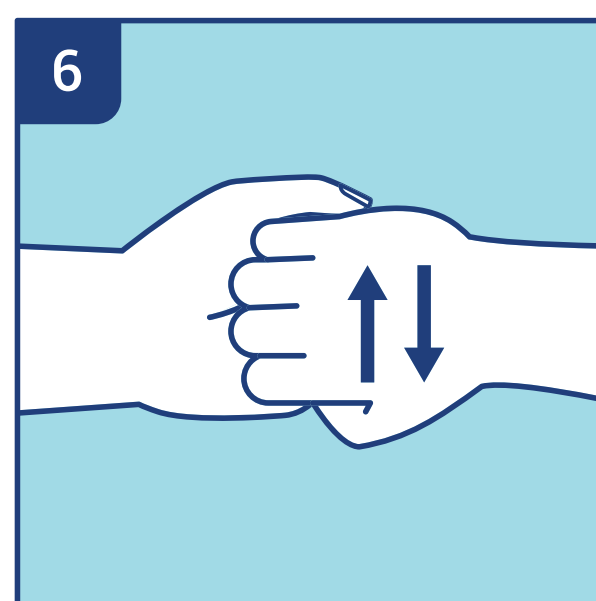
3 RUB HANDS PALM TO PALM



4 LATHER THE BACKS OF YOUR HANDS



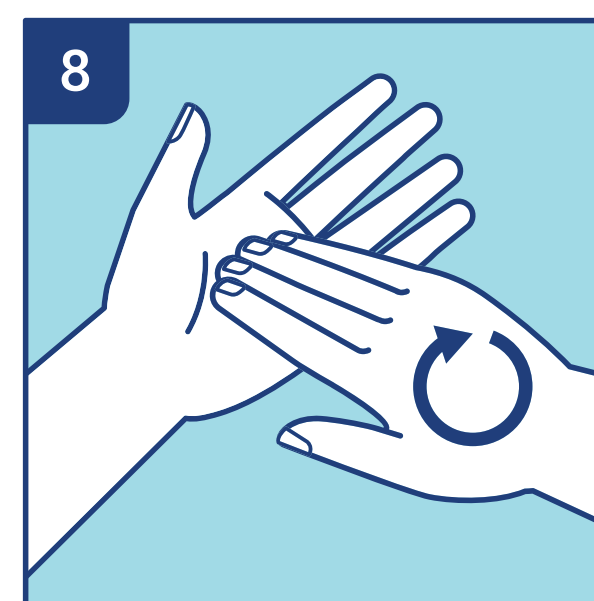
5 SCRUB BETWEEN YOUR FINGERS



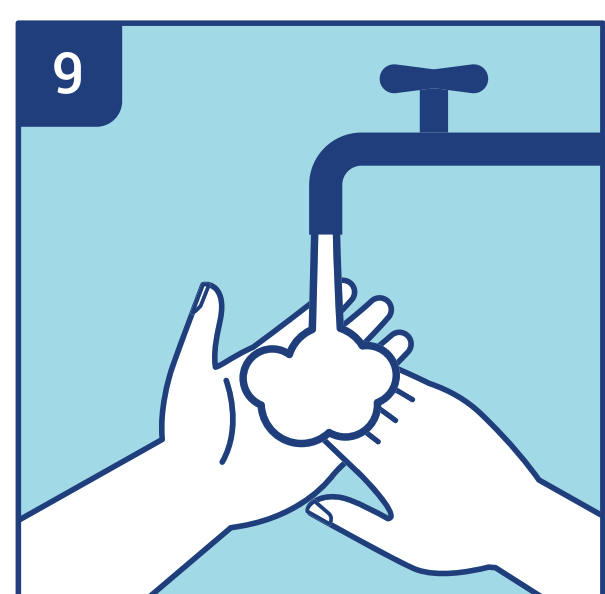
6 RUB THE BACKS OF FINGERS ON THE OPPOSING PALMS



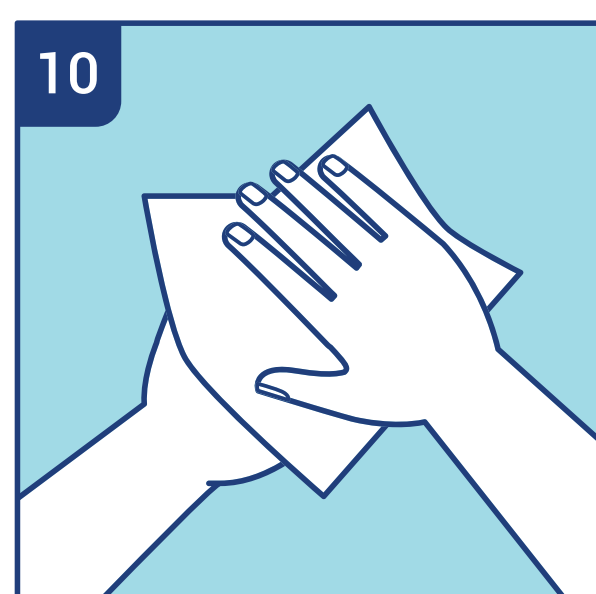
7 CLEAN THUMBS



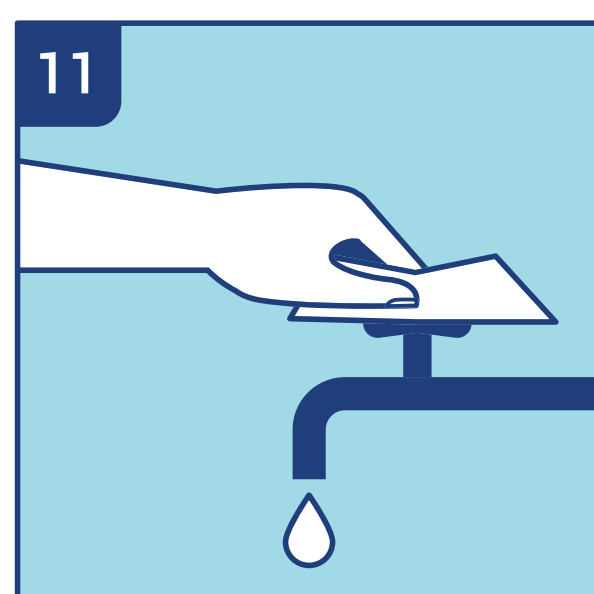
8 WASH FINGERNAILS AND FINGERTIPS



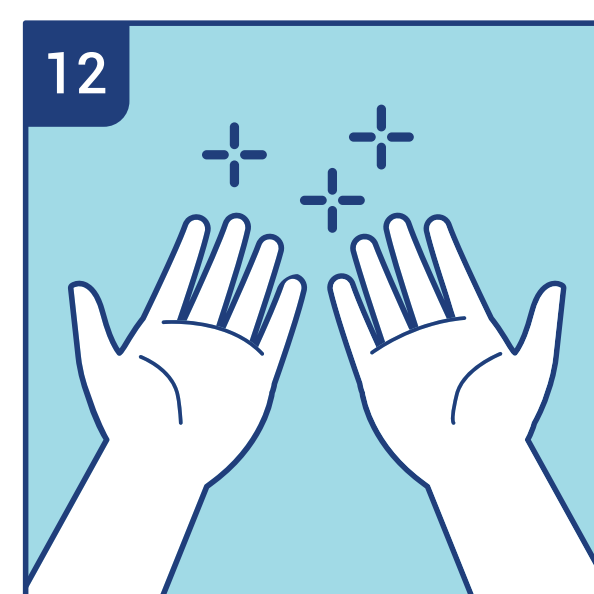
9 RINSE HANDS



10 DRY WITH A SINGLE USE TOWEL



11 USE THE TOWEL TO TURN OFF THE FAUCET



12 YOUR HANDS ARE CLEAN

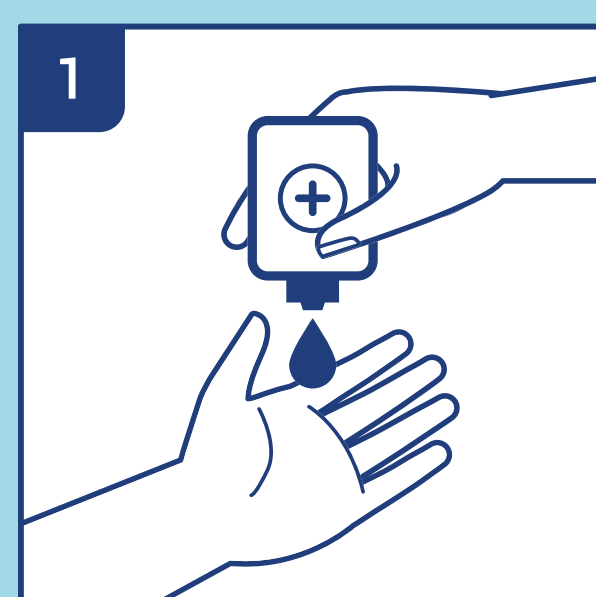
PROPER HAND WASHING TIPS

- Wash hands thoroughly with soap and warm water.
- Wash for 20-30 seconds or sing “Happy Birthday” two times through.
- Soap and warm water are the best way to clean your hands, but if they aren’t available, use an alcohol-based hand sanitizer, that contains at least 60% alcohol.

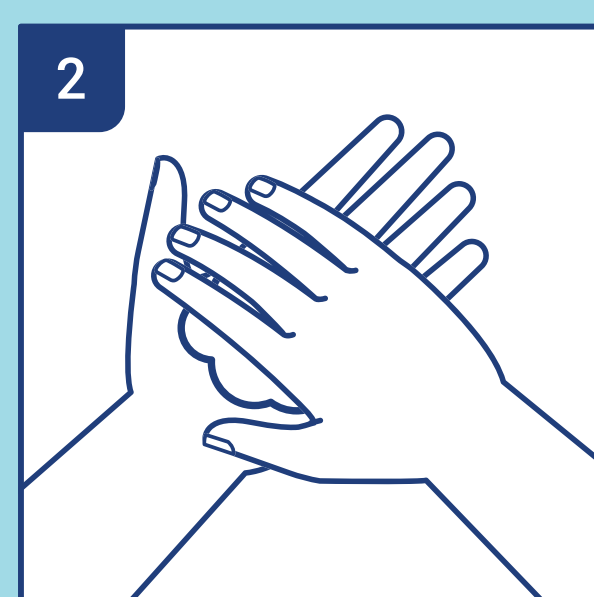
HOW TO USE HAND SANITIZERS

- Apply the sanitizer to the palm of one hand (follow label directions on how much to use).
- Rub hands together.
- Rub the sanitizer over all the surfaces of your hands and fingers until your hands are dry.

APPLICATION OF HAND SANITIZER



1 APPLY THE PRODUCT ON THE PALM OF ONE HAND



2 RUB HANDS TOGETHER



3 COVER ALL SURFACES UNTIL HANDS FEEL DRY (20 SEC)