

# 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.**



WET HANDS



APPLY SOAP



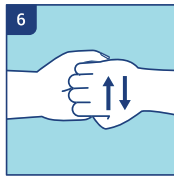
RUB HANDS  
PALM TO PALM



LATHER THE BACKS  
OF YOUR HANDS



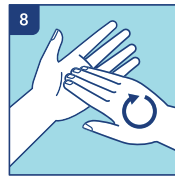
SCRUB  
BETWEEN YOUR FINGERS



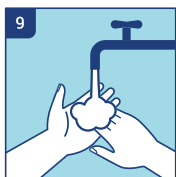
RUB THE BACKS  
OF FINGERS ON  
THE OPPOSING PALMS



CLEAN THUMBS



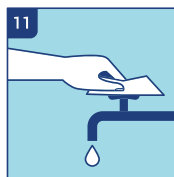
WASH FINGERNAILS  
AND FINGERTIPS



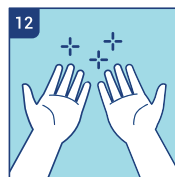
RINSE HANDS



DRY WITH  
A SINGLE USE TOWEL



USE THE TOWEL  
TO TURN OFF THE FAUCET

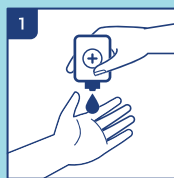


YOUR HANDS ARE CLEAN

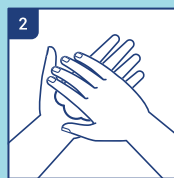
## PROPER HAND WASHING TIPS

- 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.

## APPLICATION OF HAND SANITIZER



APPLY THE PRODUCT ON  
THE PALM OF ONE HAND



RUB HANDS TOGETHER



COVER ALL SURFACES  
UNTIL HANDS FEEL DRY  
(20 SEC)

## 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.

**Nighthawks**  
together.

