

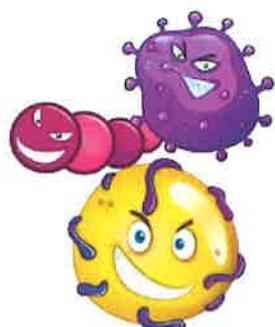
PREVENTION SAVES LIVES!

STOP
GERMS!

WASH YOUR HANDS



Hands that
look clean can still
have icky germs!



Source: www.cdc.gov/handwashing
DPHSS (February 2020)



For more information, contact: Department of Public Health and Social Services
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PREVENTION SAVES LIVES!

TIPS

THAT CAN HELP PREVENT THE SPREAD OF ILLNESSES, INCLUDING CORONAVIRUS*



Stay home when you are sick.



Cover your mouth and nose with a tissue when you cough or sneeze, or cough or sneeze into your upper sleeve, not your hands. Throw your used tissue in the trash, and then wash your hands.



Wash your hands often with soap and water for at least 20 seconds. If soap and water are not available, use an alcohol-based hand sanitizer.



Avoid close contact with people who are sick.



Avoid touching your eyes, nose, and mouth with unwashed hands.



Clean and disinfect frequently touched objects and surfaces.

*Coronaviruses are a family of different viruses. Some can infect humans causing symptoms of the common cold and severe respiratory illness.

Source: www.cdc.gov/flu/ prevent
DPHSS (February 2020)



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PREVENTION SAVES LIVES!

STOP

THE SPREAD OF GERMS



Stay home when you are sick.



Cover your cough or
sneeze with a tissue

or

cough or sneeze
into your upper
sleeve, not your
hands.



Wash your hands
often with soap
and water for at
least 20 seconds.



If soap and water
are not available,
use alcohol-based hand sanitizer.

Throw your used
tissue in the trash,
and then wash
your hands.



Stay away from
people who are sick.



Stop touching your
eyes, nose, and mouth.

Source: www.cdc.gov/flu/protect
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PREVENTION SAVES LIVES!

STOP GERMS!

WASH YOUR HANDS

WHEN?

- After using the bathroom
- Before, during, and after preparing food
- Before eating food
- Before and after caring for someone at home who is sick with vomiting or diarrhea
- After changing diapers or cleaning up a child who has used the toilet
- After blowing your nose, coughing, or sneezing
- After touching an animal, animal feed, or animal waste
- After handling pet food or pet treats
- After touching garbage

HOW?



Wet your hands with clean, running water (warm or cold), turn off the tap, and apply soap.



Lather your hands by rubbing them together with the soap. Be sure to lather the backs of your hands, between your fingers, and under your nails.



Scrub your hands for at least 20 seconds. Need a timer? Hum the "Happy Birthday" song from beginning to end twice.



Rinse hands well under clean, running water.



Dry hands using a clean towel or air dry them.

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