



## PROPER HYGIENE



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



Use alcohol-based hand sanitizer if soap and water is not available



Cough or sneeze into a tissue or the bend of your arm, not your hand



Dispose of any tissues you have used as soon as possible and wash your hands



Avoid touching your eyes, nose, or mouth with unwashed hands



Clean the following high-touch surfaces frequently with regular household cleaners or diluted bleach.

