



STAY INDOORS



ENJOY QUIET OUTDOOR SPACES



STAY AT LEAST 6 FEET APART



WALK YOUR DOG



DO: STAY IN BED



DO: WATCH TV



DON'T: USE PUBLIC TRANSPORT

AVOID CROWDS

WHEN:

- ✓ IF YOU FEEL SICK
- ✓ IF YOU FEEL HEALTHY
- ✓ UNTIL THE EPIDEMIC IS OVER IN YOUR AREA

HOW:

- ✓ 'CROWD' MEANS ANY BIG GROUP OF PEOPLE
- ✓ 'BIG' MEANS YOU CAN'T KEEP 6 FEET (2M) APART
- ✓ AVOID SHAKING HANDS
- ✓ IMPORTANT EVEN IF YOU ARE HEALTHY!



DOOR KNOBS



TAPS AND FAUCETS



TOILET HANDLES AND SEAT COVERS



LIGHT SWITCHES



COUNTERTOPS AND TABLES



ELEVATOR BUTTONS

CLEAN FREQUENTLY USED SURFACES

WHEN:

- ✓ ONCE A DAY
- ✓ AFTER HEAVY USE
- ✓ WHEN USED BY SOMEONE SICK

HOW:

- ✓ SOAP AND WATER WILL WORK
- ✓ CLEANING ALCOHOL, IF AT LEAST 70%
- ✓ HOUSEHOLD BLEACH DILUTED 4 TEASPOONS (20ML) PER QUART (950ML)



INTO A TISSUE OR HANDKERCHIEF



INTO YOUR SLEEVE OR ELBOW

COVER COUGHS AND SNEEZES

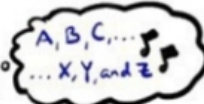
WHEN:

- ✓ IF YOU'RE SICK
- ✓ IF YOU HAVE ALLERGIES
- ✓ IF YOU COOKED WITH TOO MUCH PEPPER

HOW:

- ✓ PUT USED TISSUES IN THE TRASH
- ✓ WASH YOUR HANDS RIGHT AWAY

20 seconds



SING THE ALPHABET



CLEAN YOUR HANDS OFTEN

WHEN:

- ✓ ENTERING A BUILDING
- ✓ GETTING HOME
- ✓ USING THE BATHROOM
- ✓ BEING IN A CROWD
- ✓ SNEEZING OR COUGHING
- ✓ TAKING THE BUS, TRAIN, RIDE SHARE, OR SUBWAY
- ✓ BEFORE EATING OR MAKING FOOD

HOW:

- ✓ SOAP AND WATER IS BEST
- ✓ HAND SANITIZER IS OK
- ✓ BOTH SIDES OF YOUR HANDS
- ✓ UNDER YOUR NAILS
- ✓ BETWEEN YOUR FINGERS
- ✓ DON'T FORGET THUMBS
- ✓ DRY COMPLETELY

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