

# Coronavirus and COVID-19 Safety Tips



## 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.



## STAY HOME IF SICK

*Stay home* when you are sick. And *avoid close contact* with other people who are sick.



## COVER YOUR COUGH

*Avoid sneezing or coughing* on your *hands*. Use a *tissue* or cover with your *elbow*. *Don't touch your face*.



## CLEAN OFTEN

*Clean and disinfect* frequently touched objects or surfaces. Including equipment and common eating/break areas.