

STOP THE SPREAD

Wash your hands thoroughly



Use soap and water



Rub soap all over your hands and wrist for at least 20 seconds



Rinse your hands under running water



Dry hands with paper towel or dryer

Cover your cough and sneeze



Cover your mouth and nose with a tissue



Dispose of your used tissue



If you don't have a tissue, cough or sneeze into your upper sleeve or elbow, **NOT YOUR HANDS**



Wash your hands with soap and dry thoroughly with a disposable paper towel or hand dryer