

Wash your hands!



Wash with soap
and warm water,
scrubbing for
20 seconds

Remember the 3 C's

Clean

Wash your hands regularly
Use alcohol-based sanitizers

Cover

Cover your mouth when you cough or sneeze
Use tissues and dispose of properly

Contain

Don't share drink or utensils
Use your own pen or pencil
Avoid touching your mouth, eyes, or nose

