Wash Your Hands!

Wash your hands with soap and water for 20 Seconds

Preventative Tips
1. Wash your hands often.
2. Avoid contact with people who are sick.
3. Cover your mouth and nose when you cough with a tissue, wash your hands or use hand sanitizer.
4. Eat healthy, drink plenty of fluids, and get plenty of rest.
5. Avoid touching your eyes, nose or mouth.
6. Clean and disinfect frequently touched surfaces such as door knobs, railings, counters, etc.
7. If you are sick, stay home while you are recovering, avoid work, family gatherings and social events.

Information from DHHS & CDC

How?

When?

Information from DHHS & CDC