

SPREAD THE WORD NOT A VIRUS

1



WASH YOUR HANDS

- Wet your hands with clean water
- Apply soap
- Lather your hands (including under nails)
- Scrub your hands for at least 20 seconds
- Rinse hands well under clean water
- Dry hands using a clean towel or air dry them

CAN'T WASH? Clean your hands with an alcohol-based hand cleaner/sanitizer. Wash your hands as soon as you are able.

2



COVER YOUR COUGH

- Cover your mouth and nose with a tissue OR cough or sneeze into your upper sleeve - NOT YOUR HANDS
- Put your used tissue in the waste basket
- Wear a mask if you have a cough and need to be in contact with others

3



STAY HOME IF YOU ARE SICK

- If you begin to feel sick, go home as soon as possible
- Stay home from work, school and errands if you are sick to prevent spreading your illness to others

4



CLEAN COMMON AREAS

- Routinely clean frequently touched objects and surfaces, including doorknobs, keyboards and phones to help remove germs
- Keep an adequate supply of tissues, soap, paper towels, alcohol-based hand rubs and disposable wipes on hand

For more information, visit <https://ehs.uci.edu/PublicHealth/>