



health  
alert  
series

# COVID-19

c o r o n a v i r u s

*Keep yourself & others from getting sick*

# WASH YOUR HANDS

- Wash your hands often
- Use ample soap
- Scrub at least 20 seconds
- Get entire hand area
- Rinse with water
- Dry with single-use towel
- Use the same towel to turn off faucet



updated: 3.9.2020  
sources: CDC.gov & WHO.it

For the latest on COVID-19 please visit:  
[www.CDC.gov](http://www.CDC.gov)