

Wash Your Hands



Wash your hands often with soap and water for at least 20 seconds, especially after you have been in a public place, or after blowing your nose, coughing or sneezing.



If soap and water are not readily available, use a hand sanitizer that contains at least 60% alcohol. Cover all surfaces of your hands and between your fingers. Rub them together until they feel dry.



Avoid touching your eyes, nose and mouth with unwashed hands.