

Help prevent the spread of: **CORONAVIRUS DISEASE 2019** (COVID-19)

INFECTION PREVENTION TIPS

- ✔ Wash your hands with soap and warm water often.
- ✔ Practice social distancing (person to person 6 feet distance).
- ✔ Avoid touching your eyes, nose and mouth with unwashed hands.
- ✔ Get a flu shot.
- ✔ Use tissue to cover your face when coughing or sneezing and throw it in the trash.
- ✔ Avoid close contact with others while sick.
- ✔ Clean and disinfect frequently touched surfaces such as desks, door knobs and phones.



One of the most important things people can do to prevent the spread of the flu and COVID-19 is to keep their hands clean.

HAND-WASHING TIPS

1. Wet hands with warm water.
2. Add soap.
3. Lather hands for 20 seconds.
 - From palm to palm.
 - In between fingers and fingernails.
 - Wash around wrists.
4. Rinse germs away.
5. Dry hands with clean paper towel.
6. Use towel to turn off faucet.
7. Place towel in waste container.

HAND SANITIZER USE TIPS

- Apply hand sanitizer to palm of one hand (follow directions on label of how much).
- Rub hands together.
- Rub the sanitizer all over your hands and fingers until dry.

FOR MORE INFORMATION:

**[cdc.gov/coronavirus/2019-ncov](https://www.cdc.gov/coronavirus/2019-ncov)
dph.georgia.gov/novelcoronavirus**

Source: Centers for Disease Control and Prevention

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