



# Healthy Habits to Help Prevent the Coronavirus

## CLEAN YOUR HANDS



Washing your hands often with soap and water for 20 seconds will help protect you from germs.

If soap and water are not available, use an alcohol based hand rub with at least 60% Ethyl Alcohol.

## AVOID CLOSE CONTACT



Avoid close contact with people who are sick.

Avoid handshaking, hugging, kiss greetings and elbow/or fist pumps.

## COVER YOUR MOUTH AND NOSE



Cover your mouth and nose with a disposable tissue when coughing or sneezing to prevent those around you from getting sick. Avoid coughing or sneezing into your hands.

Use your upper sleeve if a disposable tissue is not available. Clothing can retain viruses for up to one week.



## PRACTICE GOOD HEALTH HABITS

Use regular household cleaning spray or wipe to clean and disinfect frequently touched objects and surfaces at home, work or school.

Keep hand sanitizers readily available (e.g., in your purse, in your car and at your workstation) for use when you cannot immediately wash your hands with soap and warm water.

## AVOID TOUCHING YOUR FACE



Especially your eyes, nose and mouth.

Germs are often spread when a person touches something that is contaminated with germs and then touches his or her eyes, nose or mouth.



## RECOMMENDATIONS

- Use knuckles to touch light switches & elevator buttons.
- Use fists and hips to open doors whenever possible.
- Sanitize grocery cart handles and child seats with available wipes.
- Lift gasoline dispensers with a paper towel and **sanitize your hands afterwards.**

## STAY HOME



Stay home from work, school and errands when you are sick to prevent spreading your illness to others.

Drink plenty of fluids and check with your health care provider as needed.



## FOLLOW CDC GUIDELINES

CDC recommends that people wear a facemask. Our Company requires that all employees wear a facemask while at work. California now requires facemasks be worn in public.

Facemasks should be used to help prevent the spread of the COVID-19 to others.



Maintain a 6-foot distance from (and no longer than 15 minutes with) other people to the extent possible.