

COVID-19

How can I stay healthy, or not get it?

Wash your hands.



- Use lots of soap and water.
- Wash for at least 20 seconds. If it helps, count to 20, or sing Happy Birthday.
- Wash after using the bathroom or being in public (like going to a store).
- If soap and water are not available, use hand sanitizer. Washing well with soap and water is always better.



Cough or Sneeze into your elbow.

- Coughing and sneezing into your elbow stops germs from going into the air and onto your hands.



Try not to touch your face

- Do not rub your eyes.
- Do not touch your mouth.
- Do not touch your nose.

Remember, this is how germs get in your body.
If you have to touch your face, do it with a tissue or in the shower.

Try to keep your hands busy:

- Tap your knee.
- Click a pen.
- Use a fidget spinner.
- Apply hand lotion.
- Doodle.
- Squeezing a stress ball.
- Play a game on your device.

