

Handwashing Tips



Wet hands and lather up.



Scrub for at least 20 seconds.



Remember to get the thumbs and between the fingers.



Use hand sanitizer when soap and water aren't available.

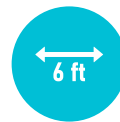
Review these important basics



Wash your hands often with soap and water.



Use hand sanitizer when you can't use soap and water.



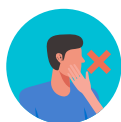
Stay at least 6 feet apart.



Wear a face covering or mask over your nose and mouth.



Cover your cough or sneeze with a tissue or your elbow.



Don't touch your face.



Don't share food, supplies or your water bottle.



Stay home when you're sick, except to go to the doctor.