

# COVID-19

## Protect Yourself and Your Loved Ones



Wash your hands with soap and water for 20 seconds



Use hand sanitizer when unable to wash



Disinfect high-touch items like phone, tablet, keyboard, doorknobs



Shaka instead of handshake to provide 6-ft social distancing



Cover cough or sneeze with tissue or bent elbow



Avoid touching your face



Avoid sharing food and drink



Use a tissue or elbow to touch doorknobs, handrails, elevator buttons and crosswalk buttons



Telecommute when able



Stay home when feeling sick

