

COVID-19 Prevention Tips To Avoid Contamination



Wash Your Hands Regularly

Use soap & water for at least 20 seconds
Use hand sanitizer when a sink is not available



Avoid Touching

Your eyes, nose & mouth



Cover Your Mouth & Nose

When coughing & sneezing - use a tissue,
handkerchief or the inside of elbow



Avoid Contact

With sick persons & those most vulnerable



Stay Home When You Are Sick

Especially if you have a fever



Keep Your Work Area Clean

Clean shared tools & equipment

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