

How to prevent the spread of:

# CORONAVIRUS DISEASE 2019 (COVID-19)

## INFECTION PREVENTION STEPS

- ① Wash your hands often with soap + water.
- ② Avoid touching your eyes, nose + mouth with unwashed hands.
- ③ Cover your cough or sneeze with a tissue, then throw the tissue in the trash.
- ④ Avoid close contact with people who are sick.
- ⑤ Get a flu shot!
- ⑥ Clean + disinfect frequently touched objects and surfaces such as counters, door knobs, desks, keyboards, tablets and phones.

**Keeping hands clean is one of the most important things we can do to stop the spread of respiratory illnesses like flu and COVID-19.**



### PROPER HANDWASHING TIPS

- Wash hands thoroughly with soap + warm water.
- Wash for 20-30 seconds or sing "Happy Birthday" two times through.
- Soap and warm water are the best way to clean your hands, but if they aren't available, use an alcohol-based hand sanitizer, that contains at least 60% alcohol.

### HOW TO USE HAND SANITIZERS

- Apply the sanitizer to the palm of one hand (follow label directions on how much to use).
- Rub hands together.
- Rub the sanitizer over all the surfaces of your hands + fingers until your hands are dry.

For more information: [dph.georgia.gov/novelcoronavirus](https://dph.georgia.gov/novelcoronavirus)  
[cdc.gov/coronavirus/2019-ncov/index.html](https://cdc.gov/coronavirus/2019-ncov/index.html)