



Staying Healthy: Habits

To stop the spread of COVID-19, you must follow all public health orders, including social distancing.

Keep your hands clean



Wash or sanitize hands often, particularly:

- Before and after preparing or eating food
- After touching pets
- After handling waste or dirty laundry or using the bathroom
- Whenever your hands look dirty

Washing your hands with soap and water is best. Rubbing your hands together when you wash them removes visible dirt and germs. Disposable paper towels are best for drying your hands, if you have some. If not, use a reusable towel that gets washed often.

If soap and water aren't available, and your hands aren't visibly dirty, use an alcohol-based hand sanitizer with at least 60% alcohol. Use enough to cover the front and backs of both hands and between all your fingers. Rub your hands together until they feel dry.

Cough and sneeze etiquette

- Cover coughs and sneezes with a tissue. Throw the tissue in the garbage and wash your hands or use an alcohol-based hand rub immediately.
- If you don't have a tissue, cough and sneeze into your elbow, not your hand.
- Avoid touching your eyes, nose and mouth. If you need to touch your face, wash your hands first.

