

Stay safe from COVID-19

Wash your hands often

Wet your hands with warm water.

Lather up with soap

Scrub your hands for 20 seconds – about the time it takes to say the alphabet slowly or hum the “Happy Birthday” song twice.

Rinse your hands well under warm, running water

Dry your hands using a clean towel.

Don't touch your mouth, eyes, or face

Keep hands busy (clay, rubix cube, putty, etc...)

Put hair up

Leave yourself notes to remind you

Don't socialize with people

Virtually hang out with people

Write letters to each other

Email/text each other

Call each other

If you MUST see someone, stay 6 ft apart

