SPREAD THE WORD
NOT A VIRUS

1. WASH YOUR HANDS
   - Wet your hands with clean water
   - Apply soap
   - Lather your hands (including under nails)
   - Scrub your hands for at least 20 seconds
   - Rinse hands well under clean water
   - Dry hands using a clean towel or air dry them
   **CAN'T WASH?** Clean your hands with an alcohol-based hand cleaner/sanitizer. Wash your hands as soon as you are able.

2. COVER YOUR COUGH
   - Cover your mouth and nose with a tissue
   - OR cough or sneeze into your upper sleeve – NOT YOUR HANDS
   - Put your used tissue in the waste basket
   - Wear a mask if you have a cough and need to be in contact with others

3. STAY HOME IF YOU ARE SICK
   - If you begin to feel sick, go home as soon as possible
   - Stay home from work, school and errands if you are sick to prevent spreading your illness to others

4. CLEAN COMMON AREAS
   - Routinely clean frequently touched objects and surfaces, including doorknobs, keyboards and phones to help remove germs
   - Keep an adequate supply of tissues, soap, paper towels, alcohol-based hand rubs and disposable wipes on hand

For more information, visit https://ehs.uci.edu/PublicHealth/