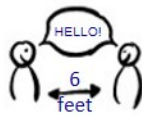




STAY  
INDOORS



ENJOY QUIET  
OUTDOOR SPACES



STAY AT LEAST  
6 FEET APART



WALK YOUR  
DOG



DO: STAY IN BED



DO: WATCH TV



DON'T: USE PUBLIC  
TRANSPORT

## AVOID CROWDS

### WHEN:

- ✓ IF YOU FEEL SICK
- ✓ IF YOU FEEL HEALTHY
- ✓ UNTIL THE EPIDEMIC IS OVER IN YOUR AREA

### HOW:

- ✓ 'CROWD' MEANS ANY BIG GROUP OF PEOPLE
- ✓ 'BIG' MEANS YOU CAN'T KEEP 6 FEET (2M) APART
- ✓ AVOID SHAKING HANDS
- ✓ IMPORTANT EVEN IF YOU ARE HEALTHY!

## STAY HOME IF YOU'RE SICK

### WHEN:

- ✓ FEVER
- ✓ COUGH
- ✓ SHORTNESS OF BREATH

### HOW:

- ✓ STAY AT HOME, EVEN AFTER SYMPTOMS ARE GONE UNTIL A DOCTOR SAYS IT'S OK
- ✓ CALL DOCTOR FIRST BEFORE SEEKING CARE
- ✓ AVOID PUBLIC AREAS, SCHOOL, OR WORK
- ✓ DON'T USE PUBLIC TRANSIT, TAXIS, OR RIDE SHARE SERVICES
- ✓ WEAR A MASK IF YOU HAVE TO GO OUT



DOOR KNOBS



TAPS AND  
FAUCETS



TOILET HANDLES AND  
SEAT COVERS



LIGHT  
SWITCHES



COUNTERTOPS  
AND TABLES



CELL PHONES AND TV  
REMOTES



INTO A TISSUE OR  
HANDKERCHIEF



INTO YOUR SLEEVE  
OR ELBOW

## CLEAN FREQUENTLY USED SURFACES

### WHEN:

- ✓ ONCE A DAY
- ✓ AFTER HEAVY USE
- ✓ WHEN USED BY SOMEONE SICK

### HOW:

- ✓ SOAP AND WATER WILL WORK
- ✓ CLEANING ALCOHOL, IF AT LEAST 70%
- ✓ HOUSEHOLD BLEACH DILUTED 4 TEASPOONS (20ML) PER QUART (950 ML)

## COVER COUGHS AND SNEEZES

### WHEN:

- ✓ IF YOU'RE SICK
- ✓ IF YOU HAVE ALLERGIES
- ✓ IF YOU COOKED WITH TOO MUCH PEPPER

### HOW:

- ✓ PUT USED TISSUES IN THE TRASH
- ✓ WASH YOUR HANDS RIGHT AWAY

20 SECONDS



## CLEAN YOUR HANDS OFTEN

### WHEN:

- ✓ ENTERING A BUILDING
- ✓ GETTING HOME
- ✓ USING THE BATHROOM
- ✓ BEING IN A CROWD
- ✓ SNEEZING OR COUGHING
- ✓ TAKING THE BUS, TRAIN, RIDE SHARE, OR SUBWAY
- ✓ BEFORE EATING OR MAKING FOOD

### HOW:

- ✓ SOAP AND WATER IS BEST
- ✓ HAND SANITIZER IS OK
- ✓ BOTH SIDES OF YOUR HANDS
- ✓ UNDER YOUR NAILS
- ✓ BETWEEN YOUR FINGERS
- ✓ DON'T FORGET THUMBS
- ✓ DRY COMPLETELY

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@the\_BMC

