

• AN OUNCE OF PREVENTION IS WORTH A POUND OF CURE. •

# SELF HYGIENE TIPS



## COVER YOUR MOUTH!

A cough can travel up to 50 MPH and releases 3,000 droplets. Sneezes can travel up to 100 MPH and send 100,000 germs into the air. Please be courteous to others and cover your mouth with your inner arm to prevent the spread of sickness.



## WASH YOUR HANDS!

Keeping hands clean is one of the most important things we can do to stop the spread of germs and stay healthy. Scrub your hands for at least 20 seconds. Don't have a timer? Hum the "Happy Birthday Song" twice!



## USE HAND SANITIZER!

If you can't get to soap and water, sanitizer can kill cold and flu germs. However, if your hands are visibly soiled—always make sure to use soap and water!



## CLEAN YOUR ENVIRONMENT!

Some viruses can live on surfaces for up to 7 days! So it is always important to clean the area around you and wash your hands after touching surfaces.



## KEEP IT PERSONAL!

To avoid sharing germs please keep all personal items to yourself (cups, utensils, towels)



## TAKE SHOWERS!

Take showers to wash all the germs of the day away. You should clean your body daily (whether it be a shower, bath, or even wipe down)!