

WASH YOUR HANDS OFTEN – WITH SOAP AND WATER

PROTECT YOUR HEALTH



1

Wet your hands with clean, running water (warm or cold), turn off the tap, and apply soap.



2

Lather your hands by rubbing them together with the soap. Be sure to lather the backs of your hands, between your fingers, and under your nails.



3

Scrub your hands for at least 20 seconds.



4

Rinse your hands well under clean, running water.



5

Dry your hands using a clean towel or air dry them.

WASH HANDS

Wash your hands often with soap and warm water for at least 20 seconds, especially after you cough or sneeze...or clean with an alcohol-based hand cleaner.

AVOID TOUCHING FACE

Avoid touching your eyes, nose, or mouth. Germs spread this way.

CONTROL COUGHS

Cover your nose and mouth with a tissue when you cough or sneeze...or cough or sneeze into your upper sleeve, not your hands. Throw the tissue in the trash after you use it.

MINIMIZE CONTACT

Try to avoid close contact with sick people. And if you are exposed, follow the guidance of your doctor and consult with your supervisor before returning to work.

Follow public health advice regarding school closures, avoiding crowds and other social distancing measures. Talk to your doctor about vaccines and prescription antivirals.

For more information, please visit www.cdc.gov



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