



Prevent the Spread of Viruses by Remembering to WASH-UP!

W

Wipe objects and surfaces regularly with disinfectant cleaners

A

Avoid touching your eyes, nose and mouth

S

Stay at home if you're feeling sick

H

Hands should be regularly washed for 20 seconds with warm water and soap

U

Use your elbow or tissue to cover coughs or sneezes

P

Pass along these helpful tips!