HEALTHY BEHAVIORS
TO PREVENT COVID-19

WASH YOUR HANDS
Wash your hands for at least 15-20 seconds, including the top of hands and in between fingers.

SANITIZE & DISINFECT
Carry hand sanitizer at all times and use it every time you enter and leave; disinfect all touched surfaces.

DON'T TOUCH YOUR FACE
Avoid touching your eyes, mouth, or nose with unwashed or unsanitzied hands.

LIMIT PHYSICAL CONTACT
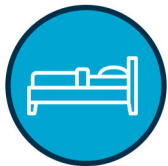Do not hug, shake hands, or fist bump. Elbow bumping is now in vogue.

GET THE FLU SHOT
It won't stop the coronavirus, but it will aid in stopping other flus and impacting hospitals.

STAY HOME IF SICK
If you are sick, do not go into work and expose people.

STOP BUYING MASKS
Masks are ineffective for those without symptoms of coronavirus and deplete the supplies available for medical professionals.

MORE VIDEO CONFERENCES
Get better at video conferencing! If you don't already do it on a regular basis, start practicing.