

## EVERYDAY ACTIONS SLOW THE SPREAD

*Recommendations from Berkeley Public Health and CDC*



### WASH YOUR HANDS

Wash hands often with soap and warm water for at least 20 seconds. That's about how long it takes to sing "Happy Birthday" twice.

### DON'T TOUCH YOUR FACE

Avoid touching your eyes, nose, and mouth as much as possible. Be extra careful to not touch your face with unwashed hands.

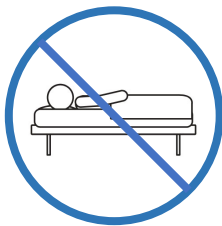


### CLEAN AND DISINFECT SURFACES

Clean and disinfect frequently touched objects and surfaces like phones, keyboards, and doorknobs with household cleaning spray or a wipe.

### COVER COUGHS AND SNEEZES

Cover coughs and sneezes with a tissue, then throw the tissue in the trash right away. If you don't have a tissue, cough into your elbow.



### AVOID CONTACT

Avoid contact with those who are ill. When a member of your household is sick, minimize close contact as much as possible.

### STAY HOME WHEN SICK

When you're sick, stay home. Avoid school, work, and public places to prevent spreading illness to others.

