

10 tips for preventing illness

The following recommendations from Contra Costa Health Services are precautions people can take to help prevent illness, especially with the spread of the coronavirus:

- Wash hands frequently for 20 seconds with soap and water;
- Use an alcohol-based hand sanitizer when soap and water is not available, especially before eating or after coming into contact with high-touch areas or objects;
- Cough or sneeze into crook of the elbow or a tissue; hands should be washed after using the tissue;
- Stay home when sick;
- Don't touch your eyes, nose or mouth with unwashed hands;
- Use a barrier, such as a paper towel or tissue, to touch commonly touched surfaces, such as restroom handles and elevator buttons;
- Bump elbows or bow instead of shaking hands or hugging;
- Keep a social distance of 6 feet from other people;
- Seek medical help if you are ill.

PREVENTION OF CORONAVIRUS

1

WASH

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AVOID

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COVER

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COOKED THOROUGHLY

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DON'T TOUCH

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