

BE CLEAN

Practice Good Hygiene

- Wash your hands frequently for at least 20 seconds
- If soap and water are not available, use hand sanitizer
- Don't touch your face
- Clean and disinfect highly used surfaces, such as door knobs, copier buttons, counter tops, faucet, cabinet, microwave, and refrigerator handles, etc.



For more information on COVID-19, please visit [TCHD.org](https://www.tchd.org)