HOW CAN I PROTECT MYSELF FROM COVID-19?

PRACTICE GOOD HEALTH HABITS

WASH YOUR HANDS OFTEN

COVER COUGHS + SNEEZES

DON'T TOUCH EYES/NOSE/MOUTH

CLEAN SURFACES FREQUENTLY

STAY HOME WHEN SICK

AVOID SICK PEOPLE

pennsylvania
DEPARTMENT OF HEALTH

HOW CAN I PROTECT MYSELF FROM COVID-19?

WASH YOUR HANDS!

1 WET HANDS

2 APPLY SOAP

3 SCRUB 20 SECONDS

4 RINSE UNDER WATER

5 DRY WITH CLEAN TOWEL

CLEAN HANDS!

FOR MORE INFORMATION, VISIT:
HEALTH.PA.GOV

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