

5 STEPS FOR DISEASE PREVENTION



1 AVOID TOUCHING YOUR FACE

Avoid touching your face if you are sick or near someone who is sick.

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2 WASH YOUR HANDS

Thoroughly wash your hands with soap and water for at least 20 seconds.



5 PASOS PARA PREVENIR ENFERMEDADES



1 EVITE TOCAR SU ROSTRO

Evite tocar su rostro si está enfermo o si alguien cerca de usted está enfermo.

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2 LAVE SUS MANOS

Lave bien sus manos con agua y jabón por al menos 20 segundos.



3 DISINFECT AREAS

Frequently clean and disinfect common surfaces.

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3 DESINFECTE AREAS

Desinfecte con frecuencia areas y superficies de uso común.

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4 COVER YOUR COUGH

Cover your mouth and nose when coughing and sneezing with a tissue or your elbow.



4 CUBRA SU BOCA AL TOSER

Cubra su boca y nariz al toser y/o estornudar con un pañuelo o con su brazo.



5 STAY HOME WHEN YOU ARE SICK

If you require medical attention, call ahead before going to a doctor's office or emergency room.

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5 PERMANEZCA EN CASA SI ESTÁ ENFERMO

Si requiere atención médica llame antes de acudir a la oficina del médico o a la sala de emergencias.

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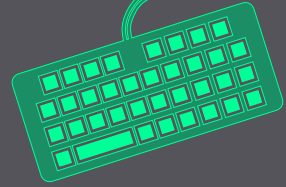
CLEANING & DISINFECTING



CLEAN AND DISINFECT “HIGH-TOUCH” SURFACES

Some examples of “high-touch” surfaces include:

- Tables
- Chairs
- Doorknobs
- Light Switches
- Remotes
- Handles
- Desks
- Keyboards
- Phones
- Tablets
- Toilets
- Sinks



USE HOUSEHOLD CLEANING SPRAYS OR WIPES

Use cleaning sprays and wipes according to the label instructions.



WEAR GLOVES WHEN CLEANING & DISINFECTING

Wear disposable gloves when cleaning and disinfecting surfaces. Gloves should be discarded after each use. Clean hands immediately after gloves are removed.

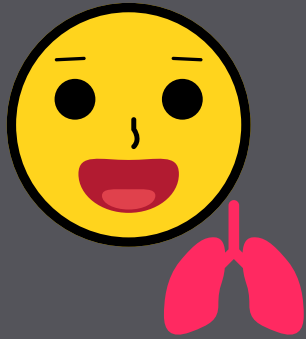
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DON'T TOUCH YOUR FACE



The eyes, nose and mouth are an entrance to your respiratory system.



Diseases can spread from your hands to your face by touching it.



People touch their face on average about 12 times per hour.

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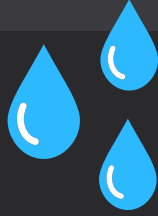


HOW TO WASH YOUR HANDS



DON'T RUSH

According to the World Health Organization, the entire handwashing process should take about 40-60 seconds.



WET YOUR HANDS

You can use either cold or warm water. Warm-to-hot water is best for especially soiled hands.



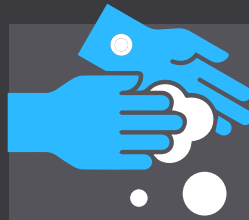
USE SOAP

Apply enough soap to cover all surfaces of your hands.



RUB HANDS

Put your right palm over the back of your left hand with interlaced fingers (and vice versa). Then rub them again palm-to-palm with fingers interlaced.



KEEP GOING

Rub your hands vigorously for at least 20 seconds. Scrub all surfaces, including the backs of your hands, wrists, and under your fingernails.



RINSE

Rinse your hands with water. Dry them thoroughly with a single-use towel or air dryer.



AVOID RECONTAMINATION

Use a single-use towel to turn off the water faucet (if necessary).

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WHAT TO DO IF I'M SICK



Stay home if you are feeling ill.



Drink plenty of water.



Limit your contact with others.



Call a doctor before seeking medical attention.

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Hand sanitizer recipe

What you'll need:

3/4 cup of isopropyl or rubbing alcohol (99 percent)

1/4 cup of aloe vera gel (to help keep your hands smooth and to counteract the harshness of alcohol)

10 drops of essential oil, such as lavender oil, or you can use lemon juice instead

Directions:

Pour all ingredients into a bowl, ideally one with a pouring spout like a glass measuring container.

Mix with a spoon and then beat with a whisk to turn the sanitizer into a gel.

Pour the ingredients into an empty bottle for easy use, and label it "hand sanitizer."