HOW CAN WE PROTECT EVERYONE 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

WASH YOUR HANDS!

1 WET HANDS
2 APPLY SOAP
3 SCRUB 20 SECONDS
4 RINSE UNDER WATER
5 DRY WITH CLEAN TOWEL

CLEAN HANDS!

SOCIAL DISTANCING

Social distancing means staying away from close contact in public spaces.

www.tnstate.edu/covid19