

SPREAD THE WORD. NOT A VIRUS.

TIPS TO STAY WELL



Wash your hands with soap and water
or use hand sanitizer that contains at least 60% alcohol



Don't touch your eyes, nose and mouth



Cover your mouth with your elbow when you cough or sneeze



Find alternate ways to greet people



Clean and disinfect surfaces often



If you are sick, stay home and do not travel

For more information visit oc-covid19.org or cdc.gov

ALSO



Call ahead before visiting your doctor

UCI University of California, Irvine

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