

# PREVENT THE SPREAD OF VIRUS

## KEEP YOUR HANDS CLEAN, AND KEEP YOUR DISTANCE FROM SICK PEOPLE

### WASH YOUR HANDS.

It's worth repeating, over and over again: **wash your hands**. Wet your hands with clean running water and then lather them with soap; don't miss the backs of your hands, between your fingers and under your nails. Make sure to scrub for **at least 20 seconds** (or about the time it takes to sing "Happy Birthday" twice), and dry them with a clean towel or let them air dry.

Alcohol-based hand sanitizers, which should be rubbed in for about 20 seconds, can also work, but the gel must contain at least 60 percent alcohol.

The Centers for Disease Control and Prevention recommends you **avoid touching your eyes, nose and mouth with unwashed hands**.

Meanwhile, if someone else is showing flu- or cold-like symptoms, try to **stay six feet away**. If that's not possible, even a little distancing is helpful, according to experts, as the virus seems to spread through droplets in the air from a cough or sneeze.

Sneezing or coughing yourself? Direct it into your elbow so as to **avoid leaving germs on your hands**, which can then quickly spread to other surfaces.

Other ways to be smart include using the "elbow handshake," where you greet others with elbow bumps, and pushing elevator buttons with a knuckle instead of a fingertip.

### UNLESS YOU ARE ALREADY INFECTED, FACE MASKS WON'T HELP YOU

**But if you're infected, masks can help prevent the spread of a virus.**