COVID–19 CAN BE SPREAD
- By touching your eyes, nose, or mouth
- Through close contact with other people

WHEN TO WASH YOUR HANDS
- Before touching your eyes, nose, or mouth
- After you blow your nose, cough, or sneeze
- Before and after eating
- After touching public surfaces or any objects outside of your home e.g. door handles, gas pumps, PIN pads, shopping carts/baskets, public touch screen devices
- After visiting a public space
- Before, during, and after caring for a sick person
- After using the toilet, handling garbage or touching pets, and changing babies’ diapers or helping children use the toilet

HOW TO WASH YOUR HANDS
1) Wet your hands with clean, running water, turn off the tap, then apply soap
2) Rub your hands together with soap. Include the backs of your hands, between your fingers, and under your nails
3) Scrub your hands for at least 20 seconds. A good measure of time: hum/sing the “Happy Birthday” song from beginning to end twice
4) Insert your hands under clean, running water and dry them using a clean towel or air dry

IF YOU DON'T HAVE SOAP
- Use hand sanitizer containing at least 60% alcohol.
- Rub hands together over the surfaces of your palms and fingers for at least 20 seconds.

WASHING YOUR CHILD’S HANDS
- Make it easy! Set up a stool for them to reach the soap and water.
- Make it fun Sing their favorite songs while you help. Examples include singing "Happy Birthday" or "The A.B.C" two times.

UF Chapter: COVID 19 Student Service Corps
College of Medicine