



7 Ways To Avoid Viruses!

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NO HANDSHAKES

**Instead of shaking hands,
fist bump, greet with knocking
elbows or bend slightly.**

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**PAY ATTENTION TO
WHERE TO TOUCH!**

**Use only your joints at points
where many people touch such as
light switches, elevator buttons.**

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**DO NOT HOLD
THE DOOR HANDLES!**

Open the doors with your closed fist or hip. Just hold the door handle if there is no other way to open the door. It is especially important that you do not hold the door handles of commercial and public areas.

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USE DISINFECTANT WIPES!

**Do not forget to
frequently sanitize areas such as
door handles and child seats with
these disinfectant wipes.**

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WASH YOUR HANDS FREQUENTLY!

Wash your hands with soap for 10-20 seconds or use a hand sanitizer with at least 60% alcohol content when you return home from any activity with other people.

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HAVE LIQUID OR GEL HAND SANITIZER AVAILABLE!

Have a bottle of disinfectant in the entrance of your home and in your car. Be sure to use the disinfectant when you refill your car, can not wash your hands, or after touching other contaminated objects.

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CARRY DISPOSABLE WIPES!

Use disposable wipes while you cough or sneeze, and then put them in the trash. If you don't have a handkerchief, cough and sneeze towards your elbow, but remember, clothes that touch your elbow may contain a virus that can be transmitted for a week or more.

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