WASH YOUR HANDS

Rub hands palm to palm

right palm over left dorsum with interlaced fingers and vice versa

palm to palm with fingers interlaced

backs of fingers to opposing palms with fingers interlocked

rotational rubbing of left thumb clasped in right palm and vice versa

rotational rubbing, backwards and forwards with clasped fingers of right hand in left palm and vice versa.
COVER YOUR COUGH

Cover your mouth and nose with a tissue when you cough or sneeze or cough or sneeze into your upper sleeve, not your hands.

Put your used tissue in the waste basket.

Emergency Preparedness Program