COVID-19 Prevention Tip: Tissues are Your Bestie

- Cough or sneeze into a disposable tissue and discard.
- Wash your hands or use hand sanitizer.
- Use your elbow only if necessary.

Cover your mouth when you cough or sneeze.

Graphic by Kara Chamberlaine ‘21
DON’T FORGET TO WASH

1. Wet your hands
2. Apply soap
3. Wash your hands for 20 seconds
4. Rinse well
5. Dry your hands
6. Turn off water with paper towel

Don’t forget to scrub between your fingers, under your nails, and the top of your hands.
COVID-19 Prevention Tip: Resist The Itch

- Notice when your hand is starting to go towards the face.

- Resist the itch or use a tissue. Discard afterwards.

Refrain from touching your nose, eyes, and mouth unless your hands are clean.

Graphic by Kara Chamberlaine ‘21
COVID-19 Prevention Tip:  
*Keep it clean*

- Wash your hands for at least 20 seconds or use >60% alcohol-based hand-sanitizer when out in public or returning home.
- Wipe down potentially contaminated surfaces frequently with bleach spray or wipes.
COVID-19 Prevention Tip: *Expand Your Personal Bubble*

- Maintain ~6 feet from others when possible
- Avoid sharing drinks, utensils, vaping/smoking devices, food

Graphic by Kara Chamberlaine ‘21
COVID-19 Prevention Tip: 
Get Creative to Avoid Contact

• Swap your usual high-touch greeting with a head nod, wave, slight bow, or throwing up a peace sign.

• Use your knuckle to touch light switches/elevator buttons; open doors with your closed fist, hip or use a paper towel; pump gas in gloves; use disinfectant wipes whenever possible
COVID-19 Prevention Tip:
*Stay Home with Symptoms*

- If you are experiencing a fever, cough, or difficulty breathing, stay home! Call a doc for advice.

- Be a good neighbor and help break the cycle of transmission.

- If you see someone visibly not feeling well, validate that they are allowed to be sick and don’t have to “tough it out” and ask if you can help connect with a health care provider.
COVID-19 Prevention Tip: *Build a Community of Care*

• We all have a role to play in keeping our community healthy. Our actions add up.

• Members of our community who could be most impacted by COVID-19 count on each of us to do our part to prevent its spread.

• Actively support others in taking care of themselves: getting enough sleep, not pushing too hard during finals, eating well, and model that behavior yourself.
COVID-19 Prevention Tip: *Stay Calm & Informed*

- Don’t oversaturate yourself with sensationalistic news announcements or get caught up in rumors or speculation

- Use reputable sites to get updates: Dartmouth COVID-19, CDC, WHO, State Departments of Health & Human Services

Graphic by Kara Chamberlaine ‘21
COVID-19 Prevention Tip: 
*Take it with You*

- Remember to keep up good hygiene practices and social responsibility as you leave campus!

- Be a leader in your home community by modeling positive prevention and stopping the transmission worldwide!
Wash Your Hands