



**Cover your mouth
when you cough
or sneeze.**

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

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

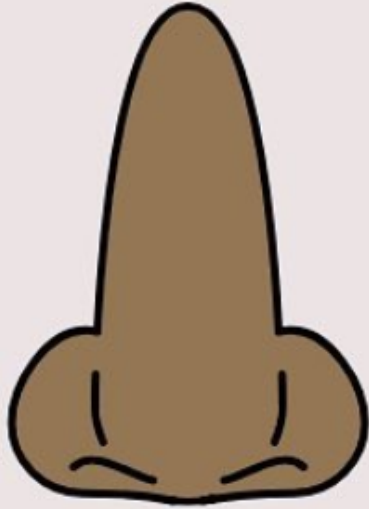
TURN OFF WATER
with paper towel



DEPARTMENT
OF HEALTH

651-201-5414, www.health.state.mn.us

Don't forget to scrub between your fingers,
under your nails, and the top of your hands.



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

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.



**Wash your hands
often with soap &
water for at least
20 seconds.**

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.



**Avoid close
contact with
people who are
sick.**

COVID-19 Prevention Tip: *Expand Your Personal Bubble*

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



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.



**Stay calm and
keep up to date
with the news.**

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



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!

Bitte Hände waschen

German

ត្រូវលាងដៃរបស់អ្នក ។

Khmer

ລ້າງມືຂອງເຈົ້າ

Laotian

Harka kee dhiqadhu

Oromo

Maydh gacmahaaga

Somali

לשטות ידיים

Hebrew

Lavez-vous les mains

French

xin rửa tay

Vietnamese

ล้างมือให้สะอาด

Thai

洗手

Chinese (Mandarin)

Wash
Your
Hands

English

Hugasan ang iyong mga kamay

Tagalog

Помойте Ваши Руки

Russian

अपने हाथ धोएं।

Hindi

손을 씻으십시오

Korean

हात धुनुहोस्

Nepali

သုနုတဖန်တကွာ

KaRen

gi zii bii gi nin jiin

Ojibwe