



THE UNIVERSITY OF ARIZONA

Cooperative Extension

# COVID-19 PREVENTATIVE MEASURES

## CLEAN YOUR HANDS OFTEN

The best way to prevent illness is to avoid being exposed to this virus. Washing your hands is easy, and it's one of the most effective ways to prevent the spread of COVID-19.

### HANDWASHING STEPS

**1** Wet your hands with clean, running water



**2** Apply soap



**3** Lather and scrub your hands for at least 20 seconds



**4** Rinse your hands well under clean, running water



**5** Dry your hands using a clean towel or air dry them



### WHEN TO WASH HANDS

- After blowing your nose, coughing, or sneezing
- Before and after caring for someone that is sick
- After going to the bathroom
- Before and after preparing food
- During food preparation as needed
- Before eating food
- Before putting on a face covering and after removing/handling a used face covering

### HAND SANITIZER

If soap and water are not readily available, use an alcohol-based hand sanitizer with at least 60% alcohol, covering all surfaces of your hands and rubbing them together until they feel dry.



For more info, visit: [www.cdc.gov/coronavirus/2019-ncov](http://www.cdc.gov/coronavirus/2019-ncov)

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