

AN OUNCE OF PREVENTION IS WORTH A POUND OF PANIC

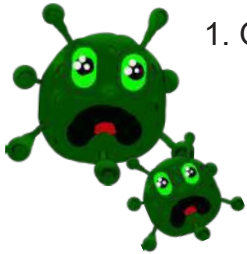
CoVID-19 and other germs are a fact of life, but with a little extra care and vigilance we can drastically reduce our chances of getting ill, and our reasons to worry.

So what can we do?

1. 20 Seconds To Freedom

WASH. YOUR. HANDS!

And wash them with soap and water for at least 20 seconds. Sing the chorus to one of these songs as you lather the soap in your hands, and as soon as your done singing, you're also done washing!



1. Queen - *Another One Bites The Dust*
2. The Knack - *My Sharona*
3. Rolling Stones - *Start Me Up*
4. Prince - *Raspberry Beret*
5. Dolly Parton - *Jolene*
6. Lizzo - *Truth Hurts*
7. *The ABC/Alphabet Song*

There's never a bad time to take a quick break and wash your hands, but some times are more important than others. Any time you touch a public surface, like counters, shopping cart handles, computer keyboards, steering wheels, and doorknobs.

And most important of all, after you blow your nose, before and after you eat, or any time your before and after you need to have your hands near your face!

And keep your hands away from your face as much as possible. **Eyes, ears nose, and mouth are NO-GO ZONES.**



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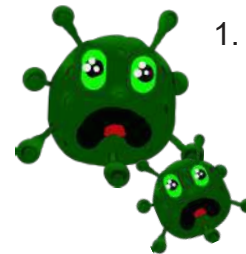
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2. Issues With Tissues



AVOID HANDKERCHIEFS! They are germ havens!
DO NOT RE-USE TISSUES!



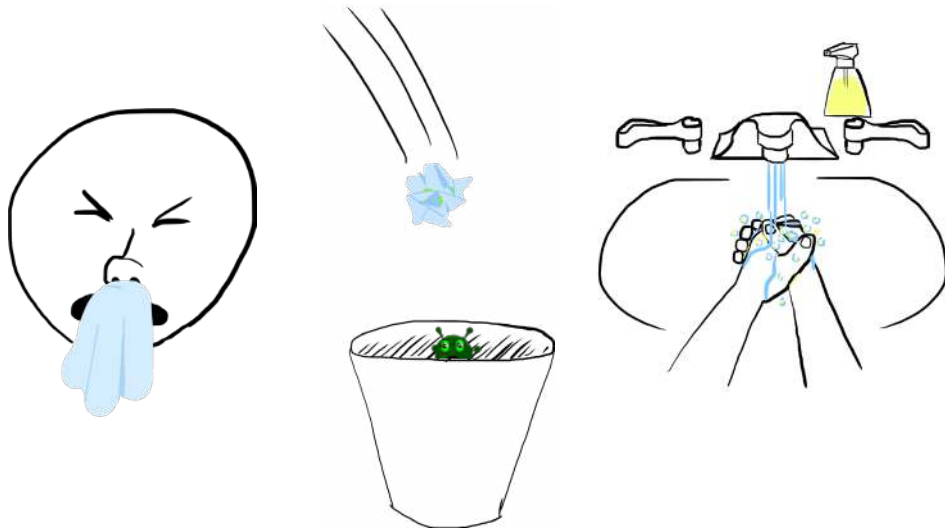
Keep a small bag in your pockets or purse to throw your tissues away if there's no receptacle nearby.

When you use tissues just remember 3 words:

BLOW

THROW

WASH



3. Keep Your Space Tidy

CATCH all coughs and sneezes in the crook of your arm or a tissue.

CATCH any productive/phlegmy throat clearings in a tissue.

DISINFECT doorknobs, toilet handles, and work spaces regularly.

INSIST that anyone in your kitchen washes their hands before touching utensils or food.

ERADICATE germs on dinnerware by using a dishwasher.

NEVER lick your fingers to turn pages.

SPRAY trash cans with disinfectant after emptying them.

TOGETHER, WE CAN STAY HEALTHY.



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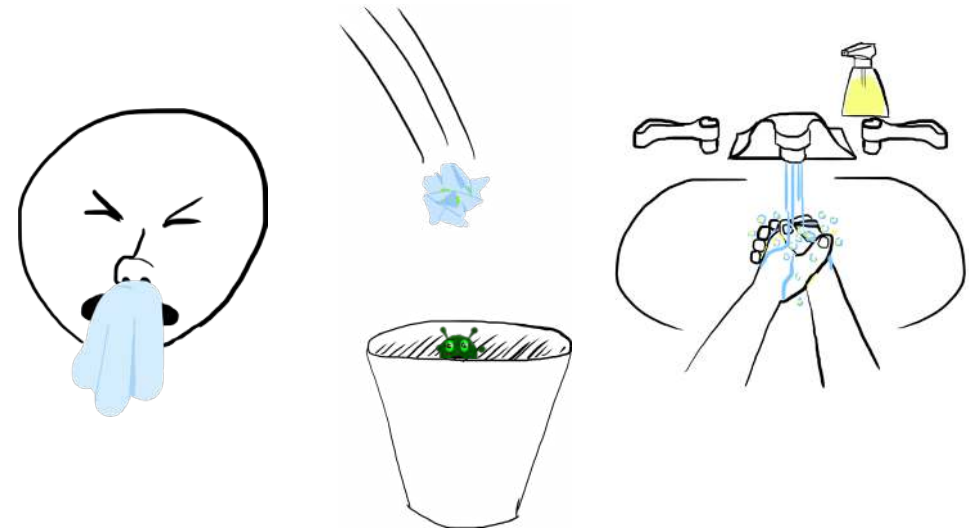
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