

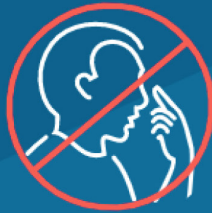
# HIGH TOUCH AREA

## WASH HANDS OFTEN



### WASH

Wash hands frequently with soap and water for at least 20 seconds



### DON'T TOUCH

Avoid touching your eyes, nose or mouth.



### CLEAN

Clean and disinfect surfaces that may have been contaminated



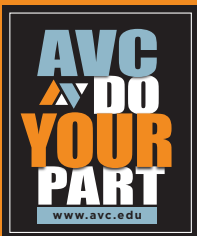
### COVER

Cover your coughs/ sneezes with a tissue and dispose. Use your elbow, not your hands.



### AVOID

AVOID contact with sick people. Stay home if you are sick.



For the latest Covid-19 information, go to [www.avc.edu](http://www.avc.edu)