Clean your hands often

Wash your hands often with soap and water for at least 20 seconds. Use an alcohol-based hand sanitizer if soap and water are not available.
Avoid touching your eyes, nose and mouth

Germs are often spread when a person touches something that is contaminated with germs and then touches his or her own eyes, nose or mouth.

www.uc.edu/publichealth                Ohio Department of Health’s hotline for questions: 1-833-4ASKODH
Cover coughs & sneezes with your elbow

Cough or sneeze into the crook of your elbow, not your hands. If you blow into a tissue, throw the tissue away and wash your hands thoroughly.

www.uc.edu/publichealth

Ohio Department of Health’s hotline for questions: 1-833-4ASKODH
Stay home if you feel sick

Call your health care provider for guidance. You may be advised to come to the office, the Emergency Department, or something else. Please call your doctor first.

www.uc.edu/publichealth

Ohio Department of Health’s hotline for questions: 1-833-4ASKODH
Stay 6 feet apart & wear a mask

The virus spreads from person to person when an infected person coughs or sneezes and the droplets are spread to others or onto nearby surfaces. In addition, the virus can spread via direct touch.

www.uc.edu/publichealth

Ohio Department of Health’s hotline for questions: 1-833-4ASKODH
Maximum 2 people per elevator

Stay 6’ apart and wear a mask at all times. The virus spreads from person to person whenever an infected person coughs or sneezes and the droplets are spread to others or onto nearby surfaces. In addition, the virus can spread via direct touch.

www.uc.edu/publichealth                Ohio Department of Health’s hotline for questions: 1-833-4ASKODH