

COVID-19

Protect Yourself and Your Loved Ones



Wash your hands
with soap and water
for 20 seconds



Use hand sanitizer
when unable to wash



Disinfect high-
touch items like
phone, tablet,
keyboard,
doorknobs



Shaka instead of
handshake to provide
6-ft social distancing



Cover cough or
sneeze with tissue
or bent elbow



Avoid touching
your face



Avoid sharing food
and drink



Use a tissue or
elbow to touch
doorknobs,
handrails, elevator
buttons and
crosswalk buttons



Telecommute
when able



Stay home when
feeling sick

