LEARN TO BE WELL AT WESTERN AND

CLEAN YOUR SURFACES

Help stop the spread of germs by cleaning your frequently touched surfaces with regular household cleaning spray or wipes.

Common surfaces include:

- PHONES
- COMPUTERS
- TV REMOTES
- EYEGlasses
- DOORKNOBS
- LIGHT SWITCHES
- GAME CONTROLLERS
- REUSABLE WATER BOTTLES

LEARN MORE AT WWU.EDU/CORONAVIRUS
COVER YOUR COUGH & SNEEZE

Serious respiratory illnesses such as the coronavirus (COVID-19) are spread in part by not covering your nose and mouth when coughing and sneezing.

HELP STOP THE SPREAD OF GERMS:

• Cover your mouth and nose with a tissue or your sleeve, NOT YOUR HANDS, when you cough or sneeze.

• Put your used tissue in the trash.

• Wash your hands promptly with soap and water for 20 seconds.

• If soap and water aren’t readily available, use an alcohol-based hand sanitizer (at least 60% alcohol) until you can wash up.

LEARN MORE AT WWU.EDU/CORONAVIRUS
LEARN TO BE WELL AT WESTERN AND

WASH YOUR HANDS

1. Wet your hands with clean, running water and apply soap.

2. Lather soap on the backs of your hands, between your fingers, and under your nails.

3. Scrub your hands for at least 20 seconds—the time it takes to sing the “Happy Birthday” song twice!

4. Rinse hands well under clean, running water and dry them using a clean towel, or let them air dry.

5. Use the paper towel to turn off the faucet and open the door on your way out.

*If soap and water aren’t available, use an alcohol-based hand sanitizer (at least 60% alcohol) until you can wash up.

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