

SPREAD THE WORD. NOT A VIRUS.

TIPS TO STAY WELL



**Wash your hands
with soap and water**
or use hand sanitizer
that contains at least
60% alcohol



**Don't touch your
eyes, nose and
mouth**



**Cover your mouth
with your elbow
when you cough
or sneeze**



**Find alternate
ways to greet
people**



**Clean and
disinfect
surfaces often**



**If you are sick,
stay home and
do not travel**

For more information visit uci.edu/coronavirus or cdc.gov

ALSO



**Call ahead before
visiting your doctor**

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