



# CONTAIN, CLEAN, COVER



## Everyday Preventive Actions

### CONTAIN

- *A friendly greeting will do, it is absolutely not necessary to shake hands or hug. 😊*
- *Stay home or go home when you are sick, except to get medical care.*
- *Don't share objects.*

### CLEAN

- *Wash your hands often with soap and water for at least 20 seconds, especially after going to the bathroom; before eating; and after blowing your nose, coughing, or sneezing.*
- *Clean frequently touched surfaces and objects daily.*

### COVER

- *Cover your coughs and sneezes with a tissue, then throw the tissue in the trash.*
- *Avoid touching your eyes, nose, and mouth with unwashed hands. Wear gloves if you wish.*

**Thank You for Attending! Your health is our priority.  
Association of Environmental Authorities**