To prevent the spread

WASH YOUR HANDS

**SEEK MEDICAL CARE** immediately if you have a fever and cough or trouble breathing.

**STUDENTS:** Contact Student Health Services at (909) 869-4000 or your healthcare provider. Call BEFORE going to any healthcare facility.

**FACULTY AND STAFF:** Contact your healthcare provider. Call BEFORE going to any healthcare facility.

**ALWAYS WASH HANDS**
- After using the bathroom
- Before, during and after preparing food
- Before eating
- Before and after caring for someone sick
- After changing diapers or cleaning a child
- After touching your nose, eyes or mouth
- After touching an animal, its food or waste
- After touching garbage

**DON’T FORGET**
- Cover your cough/sneeze with your elbow or tissue
- Use hand sanitizer if soap and water are not available
- Don’t touch your mouth, eyes or nose

**5 STEPS TO WASH YOUR HANDS THE RIGHT WAY**

1. **WET** your hands with water. Apply soap.
2. **LATHER** hands by rubbing them together with soap. Scrub backs of hands, between fingers and under nails.
3. **SCRUB** hands for at least 20 seconds.
4. **RINSE** hands with water.
5. **DRY** hands using a clean towel or air dry them.

**Additional Resources**
- CPP Health Alert www.cpp.edu/HealthAlert
- Safe Return www.cpp.edu/SafeReturn
- CDC cdc.gov/covid19
- CDC cdc.gov/handwashing

*Need a timer?* Hum the “Happy Birthday” song from beginning to end twice.