

**STAY
SAFE**



COVID-19

www.cpp.edu/saferreturn

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

Additional Resources

CPP Health Alert www.cpp.edu/HealthAlert

Safe Return www.cpp.edu/SafeReturn

CDC cdc.gov/covid19

CDC cdc.gov/handwashing

5 STEPS TO WASH YOUR HANDS THE RIGHT WAY



WET your hands with water. Apply soap.



LATHER hands by rubbing them together with soap. Scrub backs of hands, between fingers and under nails.



SCRUB hands for at least 20 seconds.



RINSE hands with water.

DRY hands using a clean towel or air dry them.



Need a timer? Hum the "Happy Birthday" song from beginning to end twice.