KEEP CALM AND WASH YOUR HANDS

For more information coronavirus.gallaudet.edu

Questions coronavirus@gallaudet.edu
DON'T RUSH THROUGH IT.
According to the World Health Organization, the entire handwashing process do you take about 40-60 seconds.

WET YOUR HANDS FIRST
You can use either cold or warm water. If hands are extremely greasy or dirty, use warm-to-hot water to help trap dirt and grease within the soap itself, thus enabling a better cleaning.

USE SOAP
Don’t scrimp on it; apply enough of it to cover all surfaces of your hands.

RUB HANDS PALM-TO-PALM
Put your right palm over your left dorsum with interlaced fingers (and vice versa). Then rub them again palm-to-palm with fingers interlaced.

RUB YOUR HANDS, PALM TO PALM, VIGOROUSLY FOR AT LEAST 20 SECONDS
Scrub all surfaces, including the backs of your hands, wrists, between your fingers, and under your fingernails.

RINSE YOUR HANDS WITH WATER
Dry them thoroughly with a single-use towel or air dryer.

TO AVOID RECONTAMINATION,
use a single-use towel to turn off the water faucet.

For more information: coronavirus.gallaudet.edu
Patients with COVID-19 have experienced mild to severe respiratory illness.

Symptoms may appear 2-14 days after exposure.

Seek medical advice if you develop symptoms, have been in close contact with a person known to have COVID-19, or if you live in or have recently been in an area with ongoing spread of COVID-19.

For more information: coronavirus.gallaudet.edu
TAKING STEPS TO PROTECT YOURSELF

There is currently no vaccine to prevent COVID-19.

The best way to prevent illness is to avoid being exposed to this virus.

The virus is thought to spread mainly from person-to-person.

- Between people who are in close contact with one another (within about 6 feet).
- Through respiratory droplets produced when an infected person coughs or sneezes.

These droplets can land in the mouths or noses of people who are nearby or possibly be inhaled into the lungs.

Wash your hands often

Wash your hands often with soap and water for at least 20 seconds.

Avoid close contact

Avoid close contact with people who are sick.

Stay home if you’re sick

Stay home if you are sick, except to get medical care.

Cover coughs and sneezes

Cover your mouth and nose with a tissue when you cough or sneeze or use the inside of your elbow.

Throw used tissues in the trash.

Immediately wash your hands with soap and water for at least 20 seconds.

Wear a facemask if you are sick

You should wear a facemask when you are around other people.

Clean and disinfect

Clean and disinfect frequently touched surfaces daily.

For more information:
coronavirus.gallaudet.edu
COME AND LEARN MORE ABOUT THE 2019 CORONAVIRUS (COVID-19)

Learn and discuss the science and societal impacts of COVID-19

Questions coronavirus@gallaudet.edu

For more information coronavirus.gallaudet.edu