Personal Hygiene Tips

**Wash your hands frequently** with soap and water for at least 20 seconds

If you are unable to wash your hands with soap and water, **use antibacterial gel with 70% alcohol**

When sneezing or coughing, **cover your nose and mouth** with your inner elbow or with a tissue

**Don’t touch your face** including your mouth, ears, eyes and nose

Help stop cross-contamination.

Provided by BEACON HEALTH SYSTEM