

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