WASH YOUR HANDS FOR 20 SECONDS

OR, SING THIS IN YOUR HEAD WHILE YOU WASH:

Bear Down, Arizona
Bear Down, Red and Blue
Bear Down, Arizona
Hit 'em hard, let 'em know who's who;
Bear Down, Arizona
Bear Down, Red and Blue
Go, go, Wildcats, go;
Arizona, Bear Down
STAY SAFE, WEAR YOUR MASK
SELF-ISOLATE IF YOU HAVE SYMPTOMS
STAY SAFE FOLLOW CDC GUIDELINES

WASH YOUR HANDS FREQUENTLY OR USE HAND SANITIZER

WEAR A MASK IN PUBLIC

STAY AT HOME IF YOU ARE SICK

DON'T TOUCH YOUR EYES, NOSE AND MOUTH

KEEP YOUR DISTANCE

SNEEZE OR COUGH INTO A TISSUE OR YOUR ELBOW

STAY INFORMED ARIZONA.EDU/COVID19
STAY INFORMED
ARIZONA.EDU/COVID-19
SPREAD OUT,
REDUCE THE
SPREAD
WAIT HERE
STAY SAFE
BEAR DOWN
STAY SAFE
WASH YOUR HANDS

WARM OR COLD WATER?
Either is fine

SOAP OR NO SOAP?
regular bar or liquid soap is great, or a 60% alcohol based hand sanitizer

WHAT TO WASH?
Front and back, between fingers, under your nails and up past your wrists

HOW LONG?
At least 20 seconds

HOW OFTEN?
• Before you eat
• Before and after you treat a wound
• Before, during and after you prepare food
• After you use the bathroom
• After you cough or blow your nose
• After you touch an animal, shared surfaces or trash
BE SAFE
PLEASE
LEAVE THIS
SEAT OPEN
WEARING A MASK

Will help prevent you from spreading COVID-19 if you are infected or an asymptomatic carrier.

Will be beneficial whether it is a personal cloth mask or store-bought.

Requires laundering after each use/disposal after you remove it one time to prevent cross-contamination.
WEAR A MASK
6 FEET OF SEPARATION
Brings us closer to COVID'S end