

# 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**

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**SELF-ISOLATE  
IF YOU HAVE  
SYMPTOMS**

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# STAY SAFE FOLLOW CDC GUIDELINES



WASH YOUR HANDS  
FREQUENTLY OR USE  
HAND SANITIZER



WEAR A MASK  
IN PUBLIC



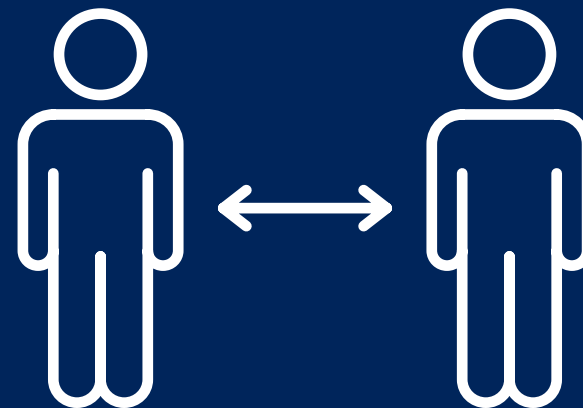
STAY AT HOME  
IF YOU ARE  
SICK



SNEEZE OR COUGH  
INTO A TISSUE OR  
YOUR ELBOW



DON'T TOUCH YOUR  
EYES, NOSE AND MOUTH



KEEP YOUR  
DISTANCE



STAY INFORMED  
[ARIZONA.EDU/COVID19](https://arizona.edu/covid19)

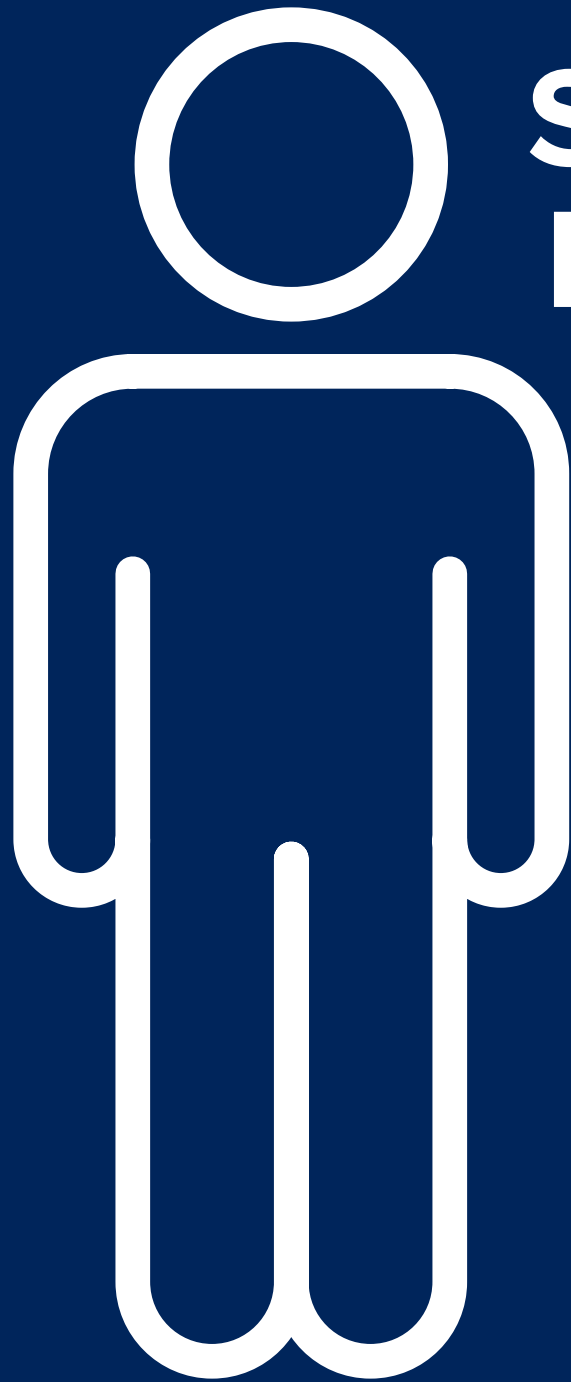


**STAY INFORMED**  
**ARIZONA.EDU/COVID-19**

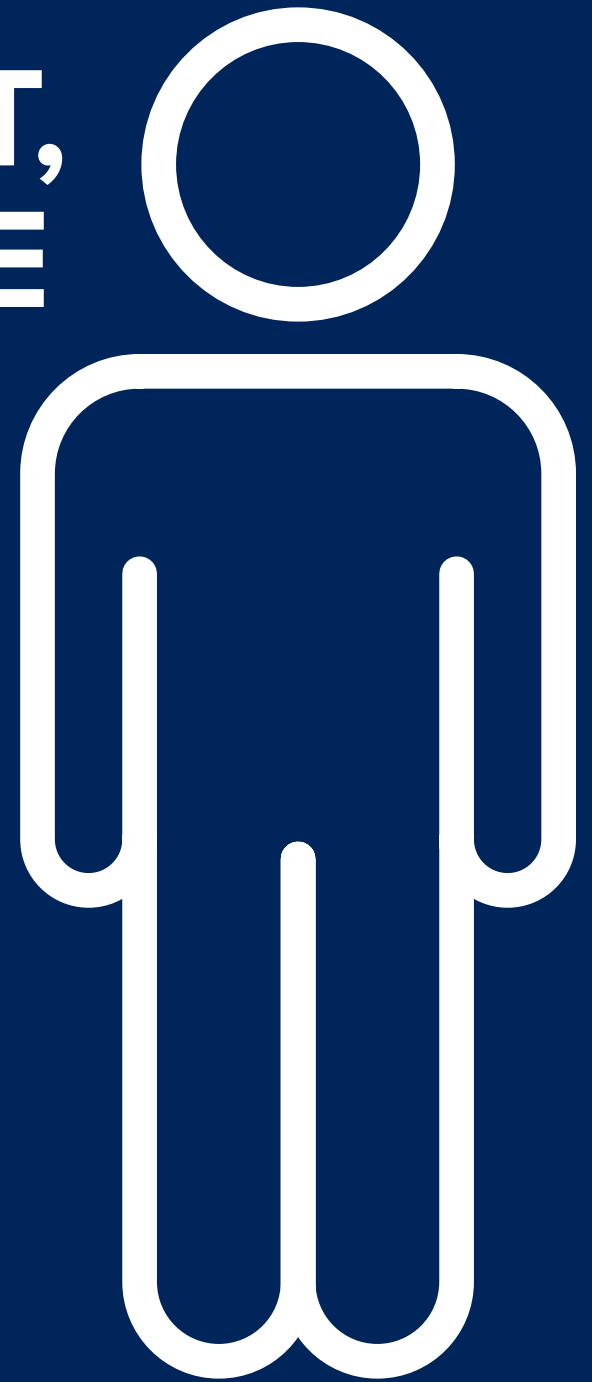


**WEAR A MASK**





**SPREAD OUT,  
REDUCE THE  
SPREAD**



THE UNIVERSITY  
OF ARIZONA



**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



**WILDCATS  
MASK  
TOGETHER**

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**BE SAFE  
PLEASE  
LEAVE THIS  
SEAT OPEN**

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# 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**



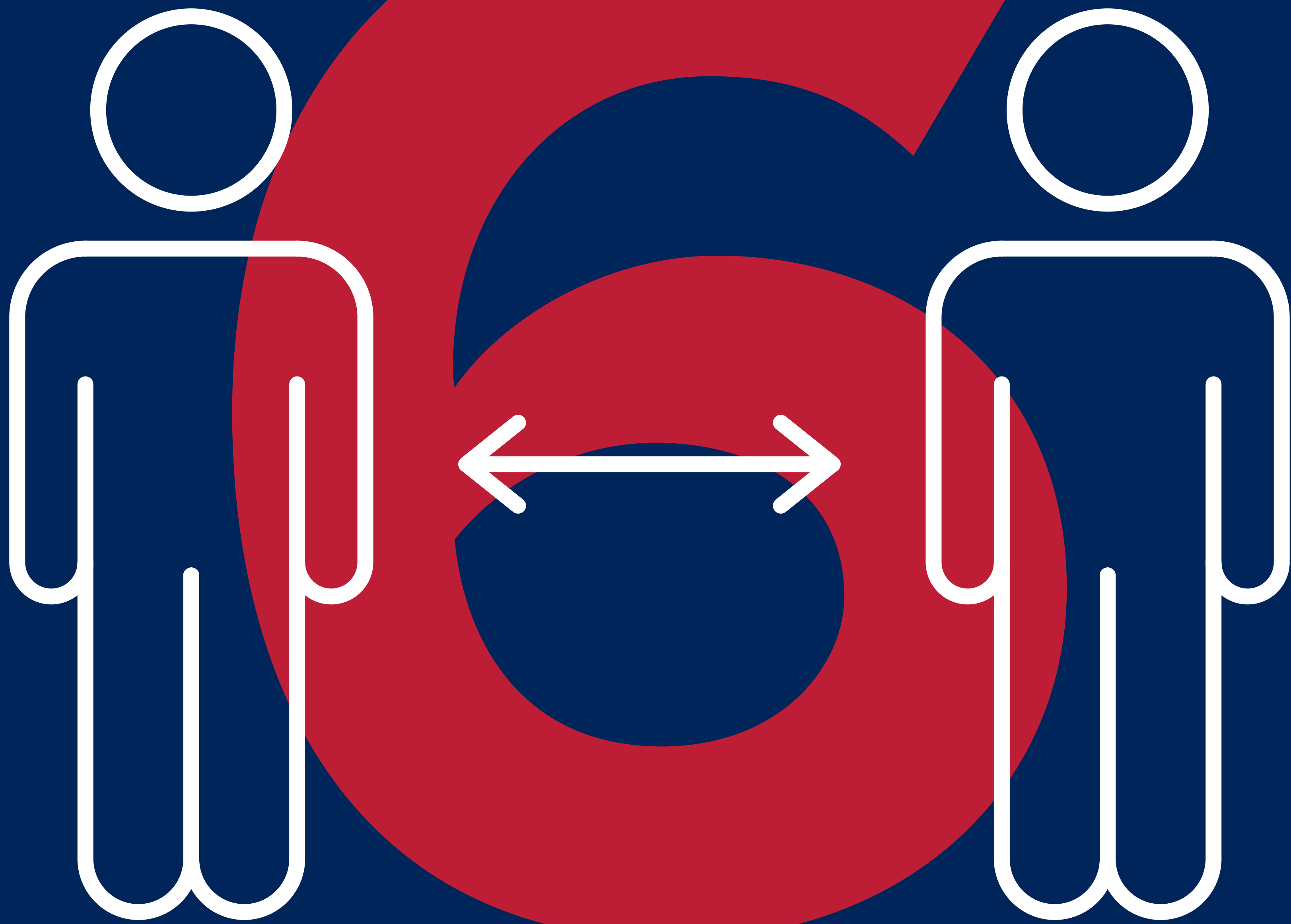
**WAIT HERE  
STAY SAFE**

**BEAR  
DOWN**



**WEAR A MASK**





# 6 FEET OF SEPARATION

Brings us closer to  
COVID'S end