

CONTROL THE SPREAD OF GERMS AND VIRUSES



- Wash hands frequently with soap and water for at least 20 seconds (including between your fingers, under your nails and the tops of your hands)
- Avoid touching your eyes, nose or mouth with unwashed hands
- Avoid contact with people who are sick
- Cover your nose and mouth when coughing and sneezing with a flexed elbow or tissue (to be disposed of immediately)

For more information or any safety related questions contact **Bishops** today!

