

*ALEXANDRIA:*  
PREPARE. PROTECT.



# PREVENT THE SPREAD OF COVID-19

## WASH HANDS OFTEN:

- 1) **Wet hands** with clean running water (warm or cold)
- 2) **Apply soap and lather hands:** backs of hands, between fingers and jewelry, and under nails
- 3) **Scrub for 20 seconds**
- 4) **Rinse well** and turn off water with a paper towel
- 5) **Dry hands** with a clean paper towel



- If soap and water are not available, use an alcohol-based hand sanitizer with at least 60% alcohol.
- Wash your hands before eating, before touching your face, and after using the restroom.
- Germs can be spread: while preparing food; handling clean dishes; when caring for someone who is sick, a child, or an animal; and handling garbage.

## CLEAN AND DISINFECT DAILY:

Clean and disinfect high-touch surfaces at work and living spaces, including countertops, desks, phones, keyboards/mice, door handles and other frequently touched surfaces.

- 1) **Clean soiled surfaces** with soap and water, then disinfect to kill germs on the surface.
- 2) **To disinfect, wipe surfaces until visibly wet** using diluted bleach (four teaspoons bleach per quart of water) or an EPA-registered disinfectant that has not expired.
- 3) **Allow surface to air dry** for four minutes. Do not wipe dry.
- 4) **Wash your hands** immediately after cleaning.



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