**COVID-19**

**How can I stay healthy, or not get it?**

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**Wash your hands.**
- Use lots of soap and water.
- Wash for at least 20 seconds. If it helps, count to 20, or sing Happy Birthday.
- Wash after using the bathroom or being in public (like going to a store).
- If soap and water are not available, use hand sanitizer. Washing well with soap and water is always better.

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**Cough or Sneeze into your elbow.**
- Coughing and sneezing into your elbow stops germs from going into the air and onto your hands.

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**Try not to touch your face**
- Do not rub your eyes.
- Do not touch your mouth.
- Do not touch your nose.

Remember, this is how germs get in your body.
If you have to touch your face, do it with a tissue or in the shower.

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**Try to keep your hands busy:**
- Tap your knee.
- Click a pen.
- Use a fidget spinner.
- Apply hand lotion.
- Doodle.
- Squeezing a stress ball.
- Play a game on your device.

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*Adapted from Green Mountain Self-Advocates [www.gmsavt.org]*