Prevent COVID-19—it’s in your hands!

Wash your hands often with soap and water. If you don’t have soap and water, use a hand sanitizer that is at least 60% alcohol based.

Clean and disinfect frequently touched surfaces.

Cover your mouth and nose with a tissue when you cough or sneeze. If you don’t have a tissue, cough or sneeze into your upper sleeve or elbow, not your hands.

Stay home when you’re sick, and keep your children home when they’re sick.

Don’t touch or shake hands with people who are sick.

Try not to touch your face with unwashed hands.

Florida Health Office of Communications, 03/05/20