

# HI! THIS IS A **HANDSHAKE FREE ZONE**



In order to stop the spread of germs our office is currently a handshake-free zone.

Remember, the most effective way to protect yourself (and others) from any virus is by:

- Avoiding close contact with people who are sick.
- Avoid touching your face, eyes, nose, and mouth with unwashed hands.
- **WASHING YOUR HANDS FREQUENTLY** with soap and water for at least 40 seconds. If you use hand sanitizer, make sure it is 60-95% alcohol. Hand sanitizer works best on hands that are visibly clean.
- Using proper sneezing and coughing etiquette (cover your nose/mouth with your elbow).
- Stay up to date on immunizations, including your flu shot.
- Staying home when you are sick.