Prevent the Spread of Viruses by Remembering to WASH-UP!

Wipe objects and surfaces regularly with disinfectant cleaners

Avoid touching your eyes, nose and mouth

Stay at home if you're feeling sick

Hands should be regularly washed for 20 seconds with warm water and soap

Use your elbow or tissue to cover coughs or sneezes

Pass along these helpful tips!

BOYS & GIRLS CLUBS OF THE GULF COAST