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# SAFETY FOR YOURSELF AND FOR OTHERS

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## 6 Main ways to Protect each other

1. Wash your hands thoroughly and often with soap and water for 20 seconds or more, especially:
  - a. after sneezing, coughing, blowing your nose, or being in public place
  - b. before eating or touching your eyes, nose, or mouth.
2. If you use a hand sanitizer, make sure it is at least 60% alcohol. Cover hands and wrists thoroughly and rub in until dry.
3. Avoid touching your face, eyes, nose, mouth unless you've just washed your hands.
4. Wear a facemask, especially if you do not feel well.
5. Stay home if you are sick.
6. Clean and disinfect areas that are used often.

Facility Care Janitorial of Oklahoma has been helping keep facilities clean since 1983. We've been actively helping businesses stay clean and open during these trying times. Ask us about our disinfecting services: we use only EPA registered chemicals to disinfect.

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