

Coronavirus Safety Guide

Keeping Your Hands Clean



Carry hand sanitizer with you at all times.

If you must touch **your phone**, **your face**, **another person**, **any surface**, or **an object exchanged with someone...**



Sanitize **BEFORE**
Touching



Sanitize **AFTER**
Touching



DIY
Hand
Sanitizer



3/4 cup isopropyl or
rubbing alcohol (99%)



1/4 cup
aloe vera gel



10 drops essential
oil or lemon juice

Adapted from the *Coronavirus Safety Guide*, a collaboration from physicians at Beth Israel Deaconess Medical Center and Harvard Medical School.

See the full guide at: bit.ly/Coronavirus_Safety_Guide



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