

DID YOU KNOW?

WASHING HANDS WITH SOAP & WATER

Is A Practice By Which To Live.

While cleaning your hands with sanitizer does kill germs, it does not get them off of the surface of your skin.

Washing your hands for 20-30 seconds with soap kills the germs, and rinsing with water gets the germs off of your skin, leaving your hands germ free.

YOU CAN DO YOUR PART BY STAYING APART.

If you have a cough or are not feeling well, wearing a disposable mask can help reduce the spread of germs.

Social distancing is staying 6 feet or further from someone you are around. Social distancing lets the droplets that carry COVID-19 fall before reaching another person



Hamilton Center is open to assist those with mental health concerns. Check us out online at www.hamiltoncenter.org for the latest information or call 800.742.0787 for services.