HEALTHY VANDALS
~ protect yourself and others ~

1. **maintain social distancing**
   - Stay home if you are sick
   - Put at least 6 feet between you and others
   - Remember that some people without symptoms may still be spreading a virus
   - Avoid close contact with people who are sick

2. **follow CDC guidance regarding face coverings**
   - After fully vaccinated, you do not need to wear face coverings unless otherwise required or preferred
   - Find vaccine information at www.uidaho.edu/covidvaccine

3. **keep hands clean**
   - Wash often with soap and water – especially after visiting public places, using the restroom, blowing your nose or sneezing
   - If soap and water are not available, use hand sanitizer (at least 60% alcohol)
   - Avoid touching your face

4. **cover coughs and sneezes**
   - If you are in a private place and not wearing a face covering, sneeze or cough inside your elbow
   - Throw away used tissues
   - Immediately wash hands or use a hand sanitizer if soap and water are not readily available

5. **clean and disinfect**
   - Clean debris off surfaces before disinfecting
   - Disinfect frequently touched surfaces regularly (laptops, keyboards, cell phones doorknobs, light switches, handles, countertops, shared spaces)