



The 4 health behaviors you should practice in your school:

1 Wash your hands for 20 seconds with soap and water:

- After you blow your nose, cough, or sneeze.
- After you use the restroom.
- Before you make or eat food.
- After you touch animals or pets.
- Before and after you care for another person who needs help, such as a child.
- Before and after school or work.
- Before and after you take breaks at work.
- After you put on, touch, or take off a cloth face covering or masks.

If you do not have soap and water, you can use an alcohol-based hand sanitizer with at least 60% alcohol. Children under 6 years old should be supervised when they use hand sanitizer.

2 Physical distance. COVID-19 is mainly spread by close contact. Stay at least 6 feet or 2 meters (about 2 arm lengths) from people who do not live in your home as much as possible. We know this isn't easy in a school setting. If you can't stay 6 feet away from other people, stay as far away as you can. Any distance between you and other people can help.

3 Wear a face covering or mask. Cloth face coverings are effective at reducing the spread of COVID-19, especially when both people who may come into close contact are wearing a face covering.

It is important to remember that even when you wear a face covering, you still need to physical distance.

Sometimes when people hear this, it makes them wonder if face coverings are actually an effective way to reduce the chances of getting COVID-19. Cloth face coverings are very effective¹³. If you wear a mask AND physical distance, the chance of being exposed to COVID-19 is much lower.

4 Stay home if you are sick. Students, teachers, and employees should not go to school or work if they are sick. They should stay home until they are feeling better.

¹³ <https://pws.byu.edu/byu-covid-19-and-masks>