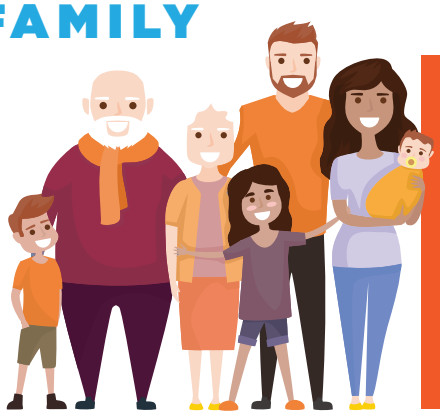
AVOIDING CORONAVIRUS THE CLEAN WAY

THE SPREAD OF THE NOVEL CORONAVIRUS COVID-19 IS PROMPTING LOTS OF CONCERN AND QUESTIONS.

USE EWG'S RESOURCES TO HELP REDUCE YOUR CHANCES OF CONTRACTING COVID-19 AND OTHER SEASONAL AILMENTS, LIKE THE FLU.

Symptoms of the coronavirus can appear two to 14 days after exposure and include fever, cough and shortness of breath. **IF YOU DEVELOP THESE SYMPTOMS AFTER HAVING BEEN IN CLOSE CONTACT WITH SOMEONE WITH THE VIRUS OR WHO HAS TRAVELED FROM AN AREA WITH WIDESPREAD INFECTION, CALL YOUR HEALTHCARE PROFESSIONAL.**

FAMILY



WASH HANDS FREQUENTLY AND IMMEDIATELY AFTER YOU COME HOME.

Use **EWG.org/EWGVERIFIED** to find 65 soaps that meet EWG's strictest standards.

COVER UP IF YOU COUGH OR SNEEZE.

NO SINK? USE HAND SANITIZER WITH AT LEAST 60 PERCENT ALCOHOL.

You can go to **EWG.org/EWGVERIFIED** to find hand sanitizers that meet EWG's strictest standards.

DON'T TOUCH YOUR FACE! ESPECIALLY YOUR EYES, NOSE AND MOUTH.

HOME AND SCHOOL

Wipe down everything with the safer disinfectant product – **ESPECIALLY HANDLES AND KNOBS.**

CHECK IN WITH YOUR KID'S SCHOOL.

Make sure your children's school amps up its cleaning routines.

CHOOSE EFFECTIVE DISINFECTANTS.

Consult the **Environmental Protection Agency** and **Centers for Disease Control** and Prevention lists of recommended products. Then look for those products on **EWG.org/CLEANERS** to find effective disinfectants with fewer toxic ingredients.

HELPFUL RESOURCES

EWG VERIFIED™ HAND SOAPS:
EWG.org/ewgverified/handsoaps

EWG VERIFIED™ HAND SANITIZERS:
EWG.org/ewgverified/handsanitizers

OUT IN PUBLIC

AVOID CONTACT.

The virus spreads through respiratory droplets like those produced when you sneeze or cough. If you feel under the weather, avoid hugging or shaking hands.

AVOID CROWDS.

Try to limit time spent in crowds or tight quarters. And don't touch your face!

SANITIZE.

Make sure to carry hand sanitizer and use it frequently if you don't have access to soap and water.