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## STAYING HEALTHY DURING THE COVID-19 OUTBREAK

Columbia Housing has partnered with PRISMA Health & the Arnold School of Public Health to offer tips to our residents on staying healthy during the COVID-19 outbreak.

Please join us on **TUESDAY, MARCH 17, 2020!**

**Marion St. High Rise - 2:00 pm in the Community Room**

**Oak Read High Rise - 2:45 pm in the Community Room**

**Arrington Manor & Rosewood Hills - 3:30 pm  
in the Arrington Manor Community Room**  
(transportation will be provided for Rosewood Hills residents wishing to attend)

**Learn About Proper Hand Washing Technique, Social Distancing & other strategies to avoid getting ill!**

- 1** Apply soap to wet hands or an alcohol-based hand sanitizer to dry hands.



- 2** Rub hands palm to palm.



- 5** Rub backs of fingers into the opposing palm with fingers interlocked.



- 6** Grasp thumb in other hand and rub while rotating around the thumb. Repeat with other thumb.



- 3** Rub hands palm to backside and switch.



- 4** Interlace fingers and rub hands palm to palm.



- 7** Rub finger nails, including the thumb, into the opposing palm and repeat.



- 8** If using soap, rinse off with water and turn off faucet with a clean towel. If using hand sanitizer, once hands are dry they are safe.

