

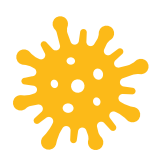
For a Safe and Healthy Tiger Nation

# TOGETHER, THE TIGER NATION CAN HELP STOP THE SPREAD OF INFECTIOUS DISEASES

Each of us should:



- Wash your hands frequently  
OR use an alcohol-based hand sanitizer
- Avoid touching your eyes, nose, and mouth
- Use appropriate cough and sneeze etiquette
- Maintain social distancing of at least 6 feet
- Remember high-touch surfaces can collect infectious germs
- Replace handshakes and hugs with waves, jazz hands or clothing-covered elbow bumps



*Are You High Risk because of an existing physical condition? Keeping distance from others is especially important for people who are at higher risk of getting very sick.*

Remember to cover-up

- The cloth face cover is meant to protect other people in case you are infected
- Face covers protect others who may be at risk when you may not even know it
- Everyone should wear a cloth face cover when they have to go out in public
- Cloth face covers help you avoid touching your face
- The cloth face cover is not a substitute for personal hygiene and social distancing



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COVID-19 presents an ongoing risk for every member of our campus community. To ensure you are doing your part to keep the Tiger Nation safe and healthy, go to [FHSU.edu/covid-19-response](https://www.fhsu.edu/covid-19-response).