

ALPHA OMICRON PI

Fraternity

Alpha Omicron Pi
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Tips to Stay Healthy

Some general precautions you can take to prevent the spread of viral respiratory infections like the flu or COVID-19



WASH YOUR HANDS FREQUENTLY with soap and water or alcohol-based handsanitizer, lather for at least 20



AVOID TOUCHING your eyes, nose and mouth with unwashed hands



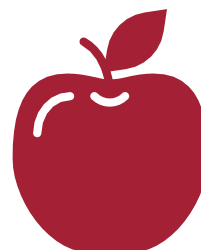
COVER YOUR NOSE with your sleeve (not your hands) when coughing or sneezing



AVOID CLOSE, UNPROTECTED CONTACT with anyone with respiratory symptoms



CLEAN AND DISINFECT frequently touched objects and surfaces



STAY HEALTHY stay hydrated, eat a balanced diet, get rest, avoid stress

