

JOIN AZCOVIDTXT

Text, Map and Combat COVID-19 Across Arizona

**Text “JOIN” to
1-833-410-0546**
(one person per household)

- Self-report household health
- Help health officials assess the spread of COVID-19
- Receive critical updates and customized health and support tips

Learn more at AZCOVIDTXT.ORG

WASH YOUR HANDS FOR 20 SECONDS



**OR, SING THIS IN YOUR
HEAD WHILE YOU WASH:**

**Bear Down, Arizona
Bear Down, Red and Blue
Bear Down, Arizona
Hit 'em hard, let 'em know who's who;
Bear Down, Arizona
Bear Down, Red and Blue
Go, go, Wildcats, go;
Arizona, Bear Down**



**STAY SAFE,
WEAR
YOUR MASK**



**SELF-ISOLATE
IF YOU HAVE
SYMPTOMS**



STAY SAFE FOLLOW CDC GUIDELINES



**WASH YOUR HANDS
FREQUENTLY OR USE
HAND SANITIZER**



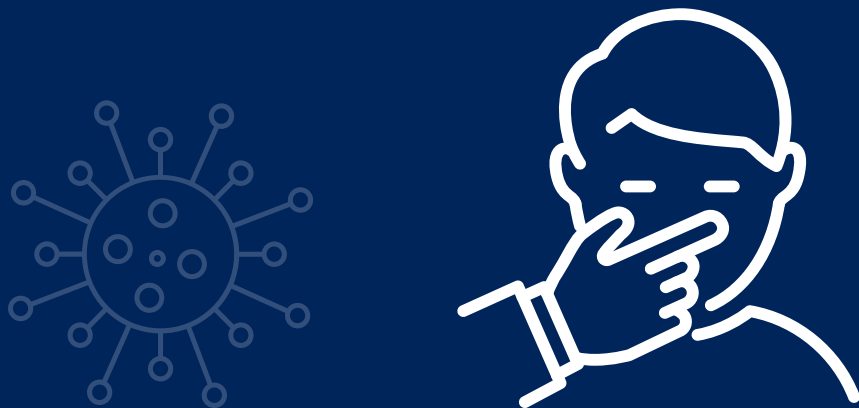
**WEAR A MASK
IN PUBLIC**



**STAY AT HOME IF
YOU ARE SICK**



**SNEEZE OR COUGH
INTO A TISSUE OR
YOUR ELBOW**



**DON'T TOUCH YOUR
EYES, NOSE OR MOUTH**



**KEEP YOUR
DISTANCE**



**STAY INFORMED
[ARIZONA.EDU/COVID-19](https://arizona.edu/covid-19)**



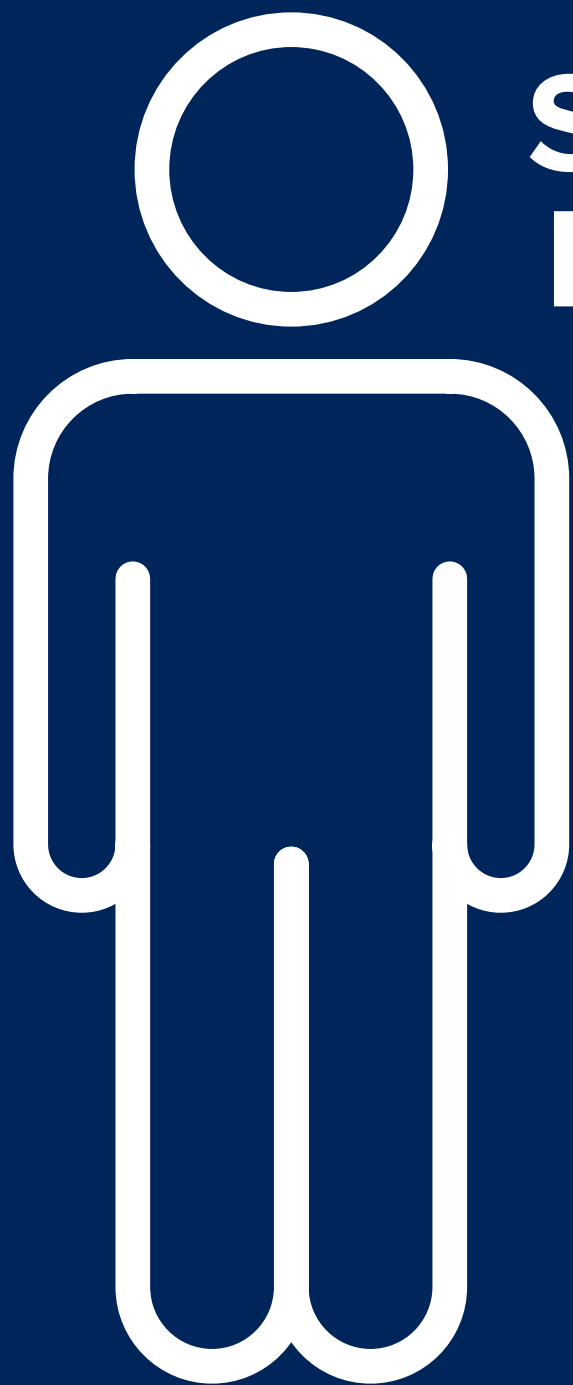
STAY INFORMED

azdhs.gov

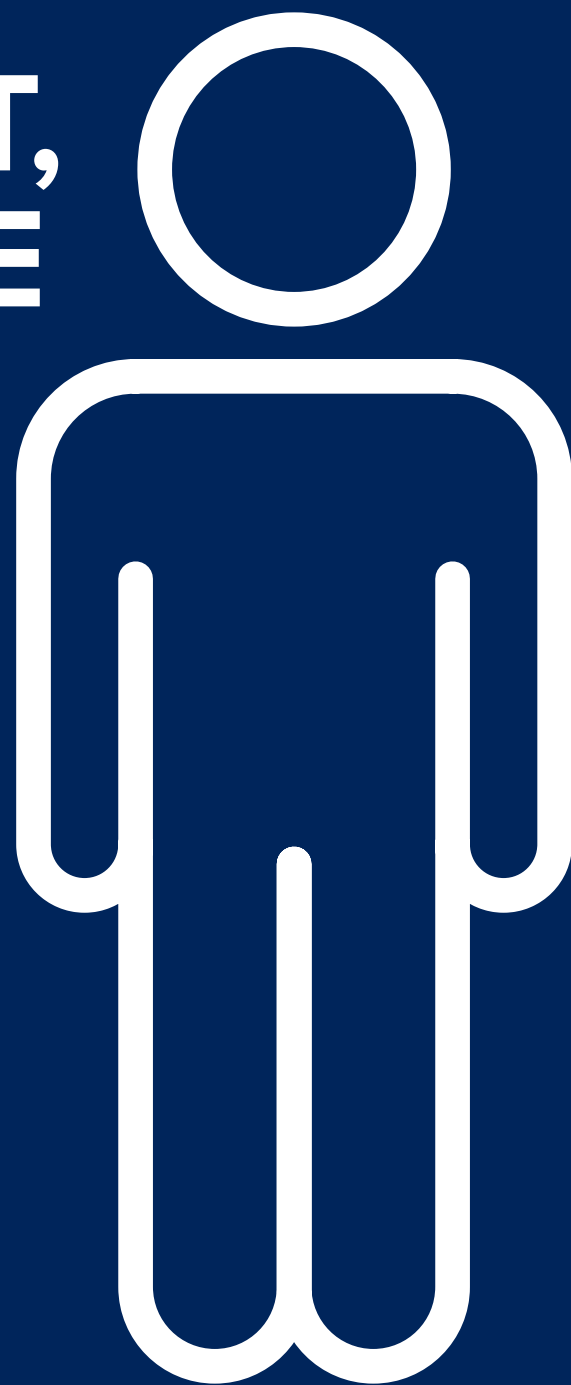


WEAR A MASK





**SPREAD OUT,
REDUCE THE
SPREAD**





**WAIT HERE
STAY SAFE**

**BEAR
DOWN[®]**

STAY SAFE WASH YOUR HANDS

WARM OR COLD WATER?

Either is fine

SOAP OR NO SOAP?

Regular bar or liquid
soap is great, or a
60% alcohol-based
hand sanitizer

WHAT TO WASH?

Front and back, between
fingers, under your nails
and up past your wrists



HOW LONG?

At least 20 seconds

HOW OFTEN?

- Before you eat
- Before and after you treat a wound
- Before, during and after you prepare food
- After you use the bathroom
- After you cough or blow your nose
- After you touch an animal, shared surfaces or trash



**WILDCATS
MASK
TOGETHER**





BE SAFE

**PLEASE
LEAVE THIS
SEAT OPEN**



WEARING A MASK



Helps prevent the spread of COVID-19 if you are infected or an asymptomatic carrier

Is beneficial whether it is a personal cloth mask or store-bought

Requires laundering or disposal after each use to prevent cross-contamination



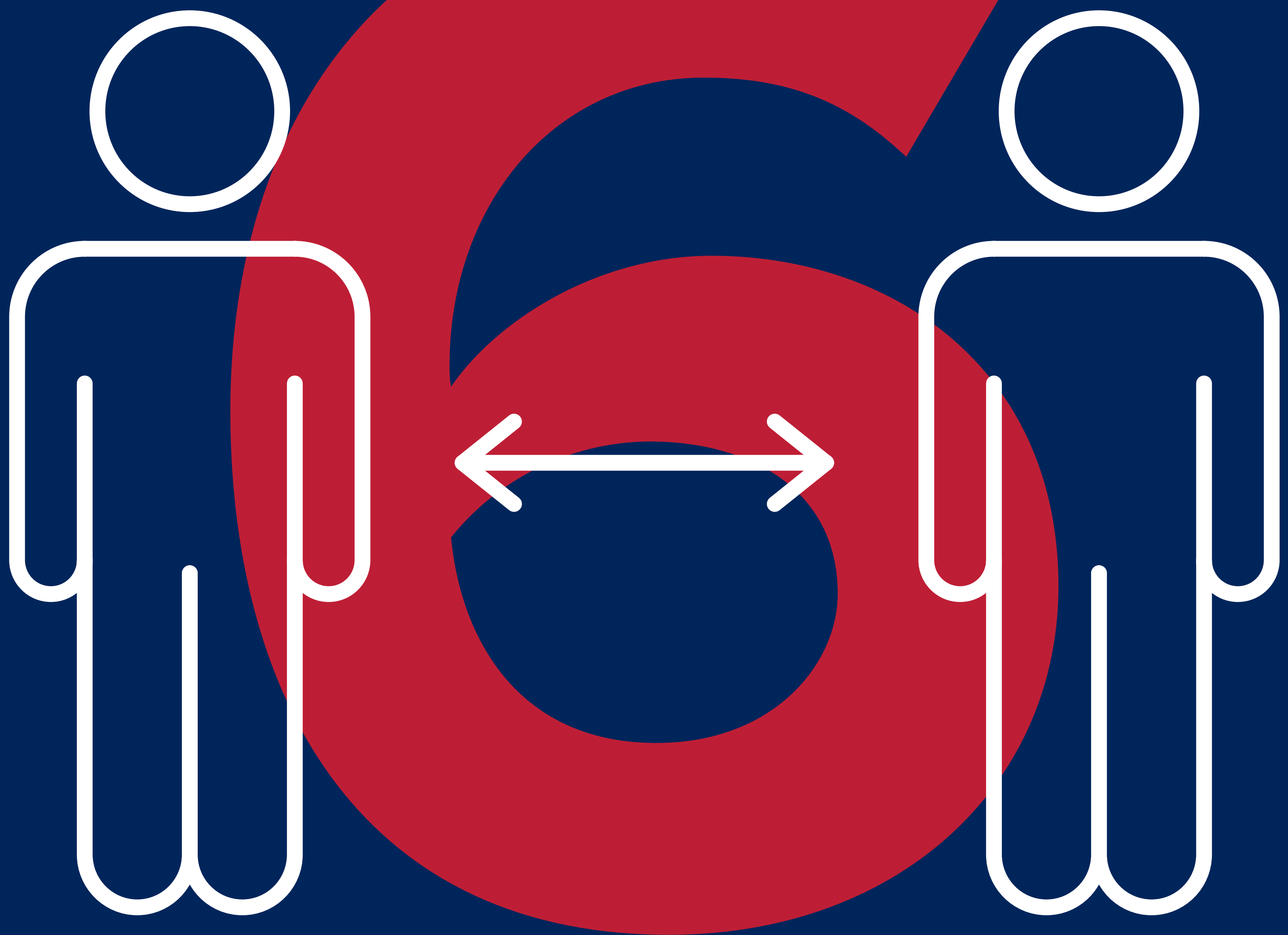
WAIT HERE
STAY SAFE

**BEAR
DOWN[®]**



WEAR A MASK





**6 FEET OF
SEPARATION**

**Brings us closer to
COVID's end**