JOIN AZCOVIDTXT
Text, Map and Combat COVID-19 Across Arizona

• 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 at 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 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

HOW LONG?
At least 20 seconds
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®
6 FEET OF SEPARATION
Brings us closer to COVID’s end