

IF THERE IS NO ALCOHOL BASED HAND  
SANITIZER, FOLLOW THE  
RECOMMENDATIONS BELOW UNTIL YOU  
CAN WASH YOUR HANDS



**AVOID TOUCHING YOUR**



**FACE**



**EYES**



**NOSE**



**MOUTH**

NOVEL  
CORONAVIRUS  
COVID-19

E.COLI

COMMON COLD



NOROVIRUS

SALMONELLA

INFLUENZA

HEPATITIS A



**Public Health**  
Prevent. Promote. Protect.  
**Aitkin County**

**HAND-WASHING** with SOAP and WARM WATER  
is the best way to **PREVENT ILLNESS**

QUESTIONS? CALL AITKIN COUNTY PUBLIC HEALTH AT 218-927-7200