



# COVID-19 BEST PRACTICES



## Wash your hands

*Use soap and water to wash your hands for at least 20 seconds, or use hand sanitizer. Avoid touching your face.*



## Practice social distancing

*Keep 6 ft. away from others. No high fives, handshakes or fist bumps.*



## Stay at home if you aren't feeling well

*Don't come to training if you have been exposed to someone with a positive COVID-19 diagnosis, or if you are experiencing symptoms.*



## Wear a face mask

*Wearing a face mask/covering while out in public is recommended for periods of time when it is not possible to consistently maintain 6 feet of space between people.*

For more information, visit  
[INTLFC.COM/COVID19](https://intlfc.com/covid19)