

# HEALTHY HYGIENE CHEAT SHEET



- *Avoid touching your eyes/mouth/nose as much as possible.*
- *Wash or sanitize your hands often.*
- *Cover your mouth and nose with your bent elbow or tissue when you cough or sneeze.*
- *Avoid spitting and coughing.*
- *Wear a face covering to reduce the risk of transmission of COVID-19 when physically distancing and keeping 6 feet distance from others may be challenging or not possible.*
- *Do not share equipment at training, including water bottles, towels, gloves and bibs.*

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