

Bard College

Tips to Avoid the Spread of Infection During the COVID-19 Pandemic

1. Maintain physical distancing of a minimum of six feet.
2. When you cannot maintain distancing, wear your mask properly by fully covering your mouth and nose.
3. Don't touch your face and cough into your elbow.
4. Wash your hands often and for at least twenty seconds.
5. Clean and disinfect surfaces regularly.
6. Stay home when you or someone in your household is sick.