TIPS TO STAY HEALTHY
AND AVOID THE SPREAD OF GERMS

Clean Your Hands Often
Wash your hands with soap and water for at least 20 seconds, especially before eating and after going to the bathroom, blowing your nose, coughing or sneezing.

If your hands aren’t visibly dirty, frequently clean them with alcohol-based sanitizer *(Make sure you’re using a Food Code compliant one if handling food!)*.

There are hand sanitizing stations located throughout the Expo.

“No Handshake” Policy
No Offense—Just Makes Sense.
Think about an elbow bump or foot bump as a handshake replacement!

Avoid Doing
Avoid touching your eyes, nose and mouth with unwashed hands. This is the biggest cause of illness.

The Proper Sneeze & Cough
Cover your face with the bend of your elbow or use a tissue if you cough or sneeze.
Dispose of the tissue immediately.

And maintain a good social distance of 3’ away from others if you have to sneeze or cough.