

# **Universal Training Institute**

**To the Students and Guests of Universal Training:**

**Please be aware that we are very concerned about the Corona Virus. Please follow these steps to avoid coming in contact.**

## **Coronavirus Disease 2019 (COVID – 19)**

### **Prevention**

- Avoid close contact with people who are sick
- Avoid touching your eyes, nose, and mouth.
- Stay home when you are sick
- Cover your cough or sneeze with tissue, then throw the tissue in the trash. Please cough into the fold of your **Antecubital Space(Elbow Pit)**
- Clean and disinfect frequently touched objects and surface using a regular household cleaning spray or wipe.
- Wash your hands with soap and water for the least 29 seconds, especially after going to the bathroom; before eating and after blowing your nose, coughing, or sneezing.
  - If soap and water are readily available, use an alcohol-based sanitizer with at least 60% alcohol. Always wash hands with soap and water if hands are visibly dirty.

Please contact your Health Care Provider if symptoms such as, cough, sore throat, and fever.

For further information:

<https://www.cdc.gov/coronavirus/2019-ncov/about/prevention-treatment>