



WASH YOUR HANDS
Basic soap and water are the best choice. An alcohol-based hand sanitizer works when you can't scrub up.

CLEAN SHARED SURFACES
Wipe down phones, keyboards, doorknobs, remote controls, and other things we all touch to stop the spread of germs.

COVER YOUR COUGH
And your sneeze too. A single sneeze can spread 100,000 germs into the air at 100 miles per hour!

DON'T BITE YOUR NAILS
Keep your fingers out of your mouth, eyes and nose so germs won't have easy access to your body.

TAKE CARE OF YOURSELF
Rest, eat right, stay hydrated and keep your allergies under control – it's easier to get sick when your respiratory system is inflamed.

What can you do to help the Academy stay germ-free?



Wipe down the music equipment when you are finished with a fresh Clorox wipe.

Don't share drinks or food.

Wash your coffee mug with warm soapy water.

If you feel sick, please stay home.



MUSIC and ARTS STUDIOS