

# KEEP IT CLEAN

CELL PHONES ARE **10x** DIRTIER THAN A TOILET SEAT



AND YOU DON'T LET THIS NEXT TO YOUR FACE

CLEAN YOUR PHONE 2x A DAY 😊

USE AN ALCOHOL PAD OR A CLOTH DAMPENED WITH DISINFECTANT THAT CONTAINS ≥70% ISOPROPYL ALCOHOL

Shanina Knighton PhD RN



**DIRTY HANDS** CONTAMINATE YOUR PHONE

YOUR PHONE CONTAMINATES YOUR FACE



**SURFACES** CAN TRANSFER VIRUSES, DIRT AND GERMS TO YOUR PHONE. BE MINDFUL WHERE YOU SET IT DOWN.