CORONAVIRUS (COVID-19)
HOW TO PROTECT YOURSELF

KNOW HOW IT SPREADS
The virus is thought to spread mainly from person-to-person.

Between people who are in close contact with one another (within 6 feet).
Through respiratory droplets produced when an infected person coughs or sneezes.

TAKE STEPS TO PROTECT YOURSELF

Clean your hands often
Wash hands often with soap and water for at least 20 seconds or apply hand sanitizer containing at least 60% alcohol

Avoid touching your eyes, nose, and mouth with unwashed hands

Avoid close contact
Put distance between yourself and other people. This is especially important for people who are at higher risk of getting very sick.

TAKE STEPS TO PROTECT OTHERS

Stay home when sick
You do not need to wear a facemask unless you are sick or caring for someone who is sick but unable to wear a facemask themselves. Facemasks may be in short supply and they should be saved for caregivers.
Clean and disinfect frequently touched surfaces daily.

Cover coughs and sneezes

Wear a facemask

Source: Centers for Disease Control and Prevention, National Center for Immunization and Respiratory Diseases (NCIRD), Division of Viral Diseases. https://www.cdc.gov/coronavirus/2019-ncov/prepare/prevention.html

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