

# 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>