

HOW TO PROTECT YOURSELF AND OTHERS



KNOW HOW IT SPREADS

There is currently no vaccine to prevent coronavirus disease 2019 (COVID-19)

[Click here for Accessible Version](#)



The best way to prevent illness is to avoid being exposed to this virus.

EVERYONE SHOULD



Clean your hands often

- Wash your hands for 20 seconds.
- Use a hand sanitizer that contains at least 60% alcohol.
- Avoid touching your eyes, nose, and mouth



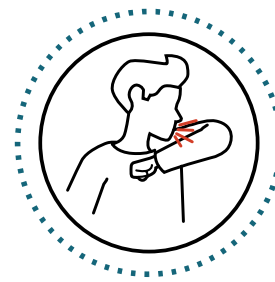
Avoid close contact

- Limit contact with others as much as possible.
- Avoid close contact with people who are sick.
- Put distance between yourself and other people.
- [More info](#)



Cover mouth and nose

- You could spread COVID-19 to others even if you do not feel sick.
- Wear a cloth face covering in public settings.
- The cloth face cover is meant to protect other people in case you are infected.
- Do NOT use a facemask meant for a healthcare worker.
- Keep about 6 feet between yourself and others.



Cover coughs and sneezes

- Always cover your mouth and nose with a tissue when you cough or sneeze or use the inside of your elbow.
- Throw used tissues in the trash.
- Immediately wash your hands with soap and water for at least 20 seconds. If soap and water are not readily available, clean your hands with a hand sanitizer that contains at least 60% alcohol.



Clean and disinfect

- Clean AND disinfect frequently touched surfaces daily. [More Info.](#)
- If surfaces are dirty, clean them: Use detergent or soap and water prior to disinfection.
- Then, use a household disinfectant. You can see a list of EPA-registered household disinfectants [here](#).