

# Prevent The Spread of COVID-19

## PROTECT YOURSELF



### Clean Your Hands

- Wash your hands often with soap and water for at least 20 seconds, especially after coughing or sneezing.
- If soap & water are not available, use hand sanitizer that contains at least 60% alcohol.
- Avoid touching your eyes, nose, and mouth with unwashed hands.



### Avoid Close Contact

- Avoid close contact with people who are sick.
- Put at least 6 feet distance between yourself and others.

## PROTECT OTHERS



### Stay Home

- Stay home if you are sick.
- Seek medical care if necessary.



### Cover Coughs & Sneezes

- Cover your mouth and nose with a tissue when you cough and sneeze or use the inside of your elbow.
- Throw away used tissues.
- Wash your hands immediately with soap and water for at least 20 seconds. If soap & water are not available, use hand sanitizer that contains at least 60% alcohol.



### Wear a Facemask

- If you are sick, wear a facemask when around other people and before you enter a healthcare provider's office.
- If you are not sick, you do not need to wear a facemask unless you are caring for someone who is sick.



### Clean & Disinfect

- Clean and disinfect frequently touched surfaces daily (tables, doorknobs, light switches, phones, toilets, faucets, etc.).
- Use detergent or soap and water before disinfecting.
- Most household disinfectants work.
- If disinfecting with alcohol solutions, make sure the solution has at least 70% alcohol.

Content Source: Centers for Disease Control and Prevention (CDC)