



# Coronavirus Disease 2019 (COVID-19)

## How to Protect Yourself & Others

### Everyone Should Do Their Part:

#### Centers for Disease Control and Prevention Recommendations Include:

##### Wash your hands often:



- Wash your hands often with soap and water for at least 20 seconds especially after you have been in a public place, or after blowing your nose, coughing, or sneezing.
- If soap and water are not readily available, use a hand sanitizer that contains at least 60% alcohol. Cover all surfaces of your hands and rub them together until they feel dry.
- Avoid touching your eyes, nose, and mouth with unwashed hands.

##### Avoid close contact:



- Avoid close contact with people who are sick, even inside your home. If possible, maintain 6 feet between the person who is sick and other household members.
- Put distance between yourself and other people outside of your home.

##### Cover your mouth and nose with a cloth face cover when around others:



- You could spread COVID-19 to others even if you do not feel sick.
- Everyone should wear a cloth face cover when they have to go out in public, for example to the grocery store or to pick up other necessities.
- The cloth face cover is not a substitute for social distancing.

##### Cover coughs and sneezes:



- If a tissue is not available, remember to always cough or sneeze into 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.
- Use a household disinfectant. Most common EPA-registered household disinfectants will work.