

PROTECT YOURSELF AND OTHERS

COVID-19 is thought to spread mainly from person-to-person through close contact (less than 6 ft of space), and through respiratory droplets produced when an infected person coughs, sneezes or talks.



Clean your hands often.

Wash your hands. If soap and water are not readily available, use a hand sanitizer that contains at least 60% alcohol. Avoid touching your eyes, nose, and mouth with unwashed hands.



Avoid close contact.

Stay at home as much as possible and put distance between yourself and other people. Remember that some people without symptoms may be able to spread the virus.



Use a cloth face cover around others.

You could spread COVID-19 to others even if you don't feel sick. To protect others, everyone should wear a cloth face cover on their mouth and nose when they have to go out in public. Do **NOT** use a face mask meant for a healthcare worker.



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 and immediately wash your hands with soap and water for 20 seconds.



Clean and disinfect.

Clean **AND** disinfect frequently touched surfaces daily, including tables, doorknobs, light switches, countertops, handles, desks, phones, keyboards, toilets, faucets, and sinks.



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