

Protect Yourself & Others from COVID-19



Know how it spreads

mainly from person-to-person

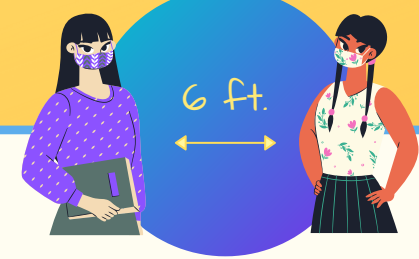
- Between people who are in close contact (within ~6 ft.)
- Through exposure to respiratory droplets from an infected person



Wash your hands often

with soap & water for at least 20 seconds

- If unavailable, use a hand sanitizer that contains at least 60% alcohol
- Avoid touching your face



Avoid close contact

with people who are sick

- Put distance (at least 6 ft.) between yourself & others outside of your home
- Avoid crowded places & gatherings



Cover your mouth & nose with a cloth face cover

when around others & in public

- You could spread COVID-19 even if you do not feel sick
- Continue to maintain social distancing



Cover coughs & sneezes

with a tissue or your arm

- Throw used tissues in the trash
- Immediately wash your hands with soap & water for at least 20 seconds



Clean & disinfect

frequently touched surfaces daily

- If surfaces are dirty, clean them using detergent or soap & water
- Then, use a household disinfectant