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

For more helpful tips, please visit [cdc.gov](https://www.cdc.gov)