



Washing your hands is the best protection:

Wash often

- Use soap and water
- Wash for at least 20 seconds

Use hand sanitizer

- Alcohol-based
- When washing is not an option



Avoid close contact:

With people who are sick or may appear under the weather

Stay home when you are sick. Do not expose others.



Face masks:

Cover your mouth and nose with a cloth face covering when around others. You could spread COVID-19 to others even if you do not feel sick.



Cover your cough or sneeze:

Use a tissue then

- Trash the tissue
- Wash your hands

Into your elbow

- When a tissue is not available



Clean and disinfect often:

With a household cleaning product, wipe

- Frequently touched objects
- Regularly used surfaces