



HOW TO PROTECT YOURSELF AND OTHERS



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 with people who are sick. **Stay at home as much as possible**. **Put distance between yourself and other people**. Remember that some people without symptoms may be able to spread the virus.



Clean AND disinfect frequently touched surfaces daily. This includes tables, doorknobs, light switches, countertops, handles, desks, phones, keyboards, toilets, faucets, and sinks. **If surfaces are dirty, clean them:** Use detergent or soap and water prior to disinfection.



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**. The cloth face cover is meant to protect other people in case you are infected. Do **NOT** use a facemask meant for healthcare workers. Continue to **keep about 6 feet between yourself and others**. The cloth face cover is not a substitute for social distancing.



If you are in a private setting and do not have your cloth face covering, remember to 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**.

