

How to Protect Yourself



- ✓ **Know How It's Spread:** The virus is thought to spread mainly from person-to-person who are in close contact with one another (within about 6 feet) and through respiratory droplets produced when an infected person coughs or sneezes.
- ✓ **Clean Your Hands Often:** Wash your hands often with soap and water for at least 20 seconds. If soap and water are not readily available, use a hand sanitizer that contains at least 60% alcohol.
- ✓ **Avoid Close Contact:** Avoid close contact with people who are sick and place distance between yourself and other people.
- ✓ **Stay Home If You're Sick:** Except to get medical care
- ✓ **Cover Coughs & Sneezes:** Use a tissue to cover your mouth or nose, or use the inside of your elbow.
- ✓ **Wear a Facemask If You Are Sick:** When you are around other people and before entering a healthcare provider's office.
- ✓ **Clean and Disinfect:** Clean and disinfect frequently touched surfaces daily. This includes doorknobs, light switches, handles and phones.



For additional, detailed information, please click the following link:

[CDC Guidance](#)