6 steps to protect yourself

clean your hands often
Wash your hands often with soap and water for at least 20 seconds. If soap and water are not available, use a hand sanitizer with at least 60% alcohol.
Avoid touching your eyes, nose and mouth with unwashed hands.

avoid close contact
Avoid close contact with people who are sick
Put distance between yourself and other people if COVID-19 is spreading in your community. This is especially important for people who are at higher risk of getting very sick.

stay home if you are sick
Stay home if you are sick, except to get medical care. Call your doctor before going to their office. As much as possible, stay in a specific room in your home away from other people.

cover coughs and sneezes
Cover your mouth and nose with the inside of your elbow or a tissue when you cough or sneeze. Throw used tissues in the trash immediately.
Immediately wash your hands with soap and water or use hand sanitizer.

wear a facemask when in public or sick
People over 2 years old should wear a cloth face mask in public settings where you can't maintain social distance (like grocery stories and pharmacies), or when you are sick. Wash your hands after putting on and taking off the mask, and make sure to wash it daily. Do not use a surgical mask or N95 mask. Those should be saved for health care workers.

clean and disinfect
Clean AND disinfect frequently touched surfaces daily. This includes remote controls, gaming controls, tables, doorknobs, light switches, countertops, handles, desks, phones, keyboards, toilets, faucets and sinks.

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