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 65% 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 if you are sick**
If you are NOT sick: You do not need to wear a facemask unless you are caring for someone who is sick (and they are not able to wear a facemask). Facemasks may be in short supply and they should be saved for caregivers.

**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.