

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.

