

# Coronavirus (COVID-19): Protect Yourself and Others

Help prevent the spread of respiratory illness like COVID-19

Avoid close contact with people who are sick

Wash your hands often with soap and water for at least 20 seconds

Clean your hands with an alcohol-based hand sanitizer with at least 60% alcohol

Cover your cough or sneeze with a tissue, then throw it in the trash

Avoid touching your eyes, nose and mouth

Disinfect frequently touched objects and surfaces

Stay home if you are sick, except to get medical care

Stay informed! The coronavirus outbreak is continually changing.

**Seek medical advice if you develop symptoms**

- ✓ Fever
- ✓ Cough
- ✓ Shortness of breath

Call your healthcare professional if you develop symptoms and have been in close contact with a person known to have COVID-19, or if you have recently traveled from an area with widespread or ongoing spread of COVID-19.



To get updated information, visit:  
[cdc.gov/COVID19](https://www.cdc.gov/COVID19)

Source: Centers for Disease Control and Prevention (CDC)

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