

Coronavirus disease 2019 (COVID-19) causes respiratory illness and can spread between people in close contact with one another (within about 6 feet) through respiratory droplets produced when an infected person coughs or sneezes. COVID-19 may also spread by touching contaminated surfaces or objects and then touching your mouth, nose or eyes. Following are simple ways to keep yourself and others healthy. For complete information, visit [www.cdc.gov](http://www.cdc.gov).



## Preventing Coronavirus and other Respiratory Illnesses

### Recommended Precautions:



#### **CLEAN HANDS**

Wash hands often, with soap and water for at least 20 seconds. If soap and water are not available use a hand sanitizer that contains at least 60% alcohol.



#### **DON'T TOUCH**

Avoid touching your eyes, nose or mouth with unwashed hands to help prevent viruses from easily entering the body.



#### **COVER YOUR NOSE AND MOUTH**

Cover your nose and mouth with a tissue or the crease of your elbow when you sneeze or cough. Dispose of the tissue and wash your hands.



#### **SOCIAL DISTANCING**

Stay home if you are sick. Minimize contact with others for at least 24 hours after fever is gone or until your doctor releases you.



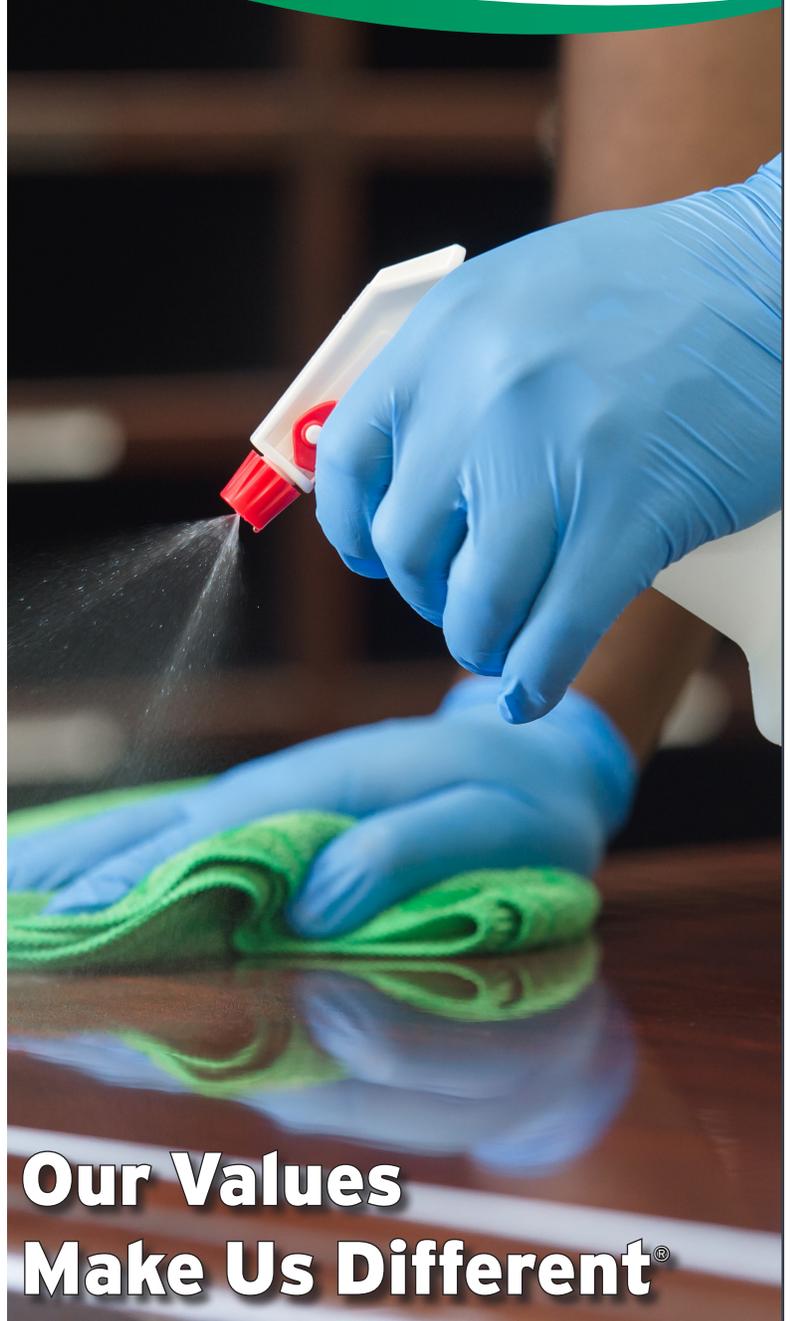
#### **SEE A DOCTOR**

If you suspect illness, see your doctor to help reduce severity.



#### **CLEAN AND DISINFECT SURFACES**

Clean frequently-touched surfaces and objects often and follow cleaning instructions to ensure proper disinfection.



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