

How to Protect Yourself

Take everyday preventive steps

- Wash your hands frequently
- Avoid touching your eyes, nose, and mouth
- Stay home when you are sick
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash
- [Clean and disinfect](#) frequently touched objects and surfaces
- Keep away from others who are sick
- Limit close contact with others as much as possible (about 6 feet)

If someone in your home is sick

- Continue to practice [everyday preventive actions](#)
- Keep the ill person in a separate room from others in the household
- If [caring for a sick household member](#), follow recommended precautions and monitor your own health
- Keep surfaces disinfected
- Avoid sharing personal items
- If you become sick, stay in contact with others by phone or email
- Stay informed about the local outbreak situation
- Notify your work if your schedule needs to change
- Take care of the [emotional health](#) of your household members, including yourself

Those at higher risk of severe illness

Take additional precautions for those at higher risk, particularly older adults and those who have severe underlying health conditions.

- Consider staying at home and away from crowds
- Make sure you have access to several weeks of medications and supplies in case you need to stay home
- When you go out in public, keep away from others who are sick and limit close contact with others
- Practice good hand hygiene

Children

- Notify your child's school if your child becomes sick with COVID-19
- Discourage children and teens from gathering in other public places