## Coronavirus Disease 2019 (COVID-19)

## How to protect yourself and others from infection





Properly wash your hands with soap and water; or use an approved hand sanitizer



Cover your nose and mouth when coughing or sneezing.
Dispose of tissues immediately!



Avoid touching your eyes, nose or mouth.



You may choose to wear a mask to prevent inadvertent exposure.



Avoid unnecessary close contact with people



Avoid crowded places and unnecessary close contact with people you do not know.



Avoid unnecessary travel, especially if you do not feel well.



Effectively disinfect surfaces that are touched frequently by many people; at least twice a day.



Monitor yourself for symptoms of illness.



If you are sick: STAY HOME