

6 Tips to Protect Yourself from Coronavirus



Wash your hands

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



Clean & disinfect frequently

Clean frequently touched objects & surfaces using disinfectant sprays or wipes



Avoid touching your face

Especially your eyes, nose, and mouth if you have symptoms, or been around them



Keep your distance

Avoid close contact with people who are sick, or been traveling internationally



If you're sick, stay home

Stay out of public spaces to prevent the spread of disease; call your provider



If you're sick, wear a mask

Follow CDC's recommendations for using a facemask; not necessary if you are well