



# COVID-19



**Washing your hands is the best protection:**

**Wash often**

- Use soap and water
- Wash for at least 20 seconds

**Use hand sanitizer**

- Alcohol-based
- When washing is not an option



**Avoid close contact:**

**With people who are sick** or may appear under the weather

**Stay home when you are sick.** Do not expose others.



**Face masks:**

**Those showing symptoms** of these diseases **should wear a mask** to help prevent the spread of the disease.

**Wearing a mask is not recommended** for those who are well, it will not protect you.



**Cover your cough or sneeze:**

**Use a tissue then**

- Trash the tissue
- Wash your hands

**Into your elbow**

- When a tissue is not available



**Clean and disinfect often:**

**With a household cleaning product, wipe:**

- Frequently touched objects
- Regularly used surfaces