HOW TO PROTECT YOURSELF & OTHERS FROM COVID-19

KNOW HOW IT SPREADS

Coronavirus (COVID-19) is thought to spread mainly from person-to-person:

Between people interacting in close proximity to one another (within 6 feet)

Through respiratory droplets produced when an infected person speaks, coughs, or sneezes, even if that person is not exhibiting symptoms

6 ft

TAKE STEPS TO PROTECT YOURSELF

20 seconds

Clean your hands often
Wash hands often with soap and water for at least 20 seconds or apply hand sanitizer containing at least 60% alcohol.

Avoid touching your eyes, nose & mouth with unwashed hands.

Avoid close contact
Put distance between yourself and other people. This is especially important for people at higher risk of complications from COVID-19.

TAKE STEPS TO PROTECT OTHERS

Stay home when sick

Cover coughs & sneezes

Clean & disinfect surfaces

Wear a face covering
The CDC recommends wearing face coverings, like homemade cloth face masks, in public settings where other social distancing measures are difficult to maintain, such as in grocery stores.

Wear face coverings properly. Face coverings should:
- Fit snugly but comfortably against the side of the face, covering mouth and nose
- Allow for breathing without restriction
- Be washed regularly, if cloth, in a washing machine
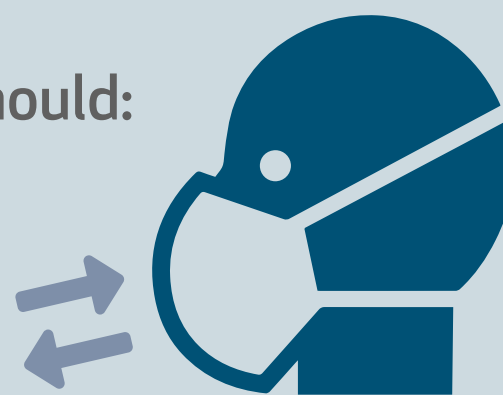
Cloth face masks:
- Use multiple layers of fabric
- Secure with ties or ear loops
- Can be machine laundered and dried without damage or change to shape

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