Preventive measures for Coronavirus

**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 so as not to expose others

**Face masks:**
- Wearing a face mask is recommended by the CDC
- People interacting in close proximity should wear a cloth face covering in public settings when social distancing of at least 6 feet cannot be maintained

**Cover your cough or sneeze:**
- Use a tissue then
  - Trash the tissue
  - Wash your hands
- **Into your elbow**
  - When a tissue is not available

**Social Distancing:**
- Keep your distance to slow the spread
  - Stay at least 6 feet (about 2 arms’ length) from other people
  - Do not gather in large groups
  - Stay out of crowded places and avoid mass gatherings

**Clean and disinfect often:**
- With a household cleaning product, wipe
  - Frequently touched objects
  - Regularly used surfaces