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

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