

# 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



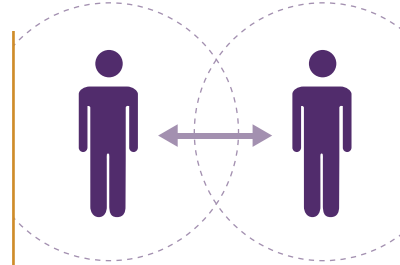
## Cover your cough or sneeze:

### 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

