



How to Prevent Catching & Spreading **Coronavirus**



Follow these tips to prevent yourself from catching coronavirus, or from potentially spreading the virus to others.



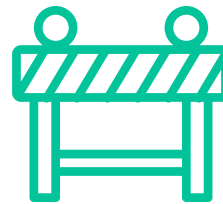
Wash your hands often with soap and water, for at least 20 seconds.



If soap and water are not readily available, use an alcohol-based hand sanitizer with at least 70% alcohol.



Stay at home while you are sick.



Avoid close contact with people who are sick.



Avoid touching your eyes and mouth with unwashed hands.



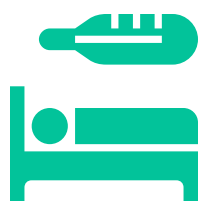
Disinfect surfaces that you frequently touch.



Cover your coughs and sneezes with a tissue and throw away the tissue.



Wear a face mask if you are sick. You do not need to wear a face mask if you are not sick.



If you have a fever, cough, or shortness of breath, contact your healthcare provider.



Before you go to a medical facility, call ahead and tell them about your symptoms.