Preventing COVID-19: What You Need to Know
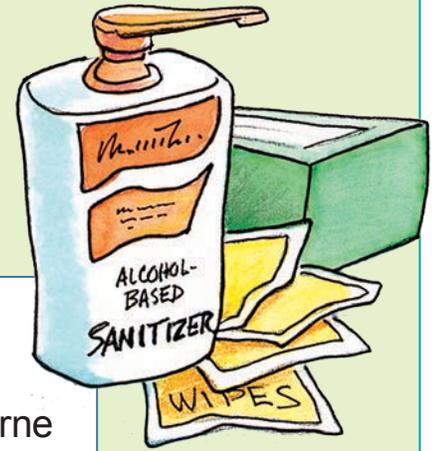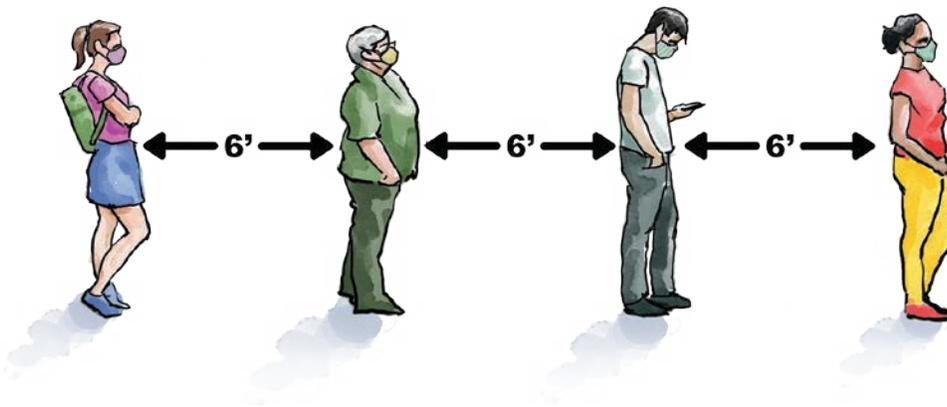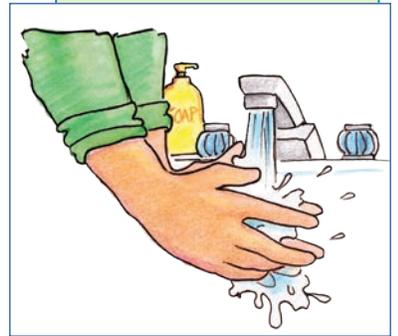
▶ There is an outbreak of a new coronavirus causing a disease called COVID-19.

▶ The most common way the virus spreads is through tiny airborne droplets emitted when an infected person coughs or sneezes.

▶ There is currently no vaccine to protect against COVID-19.

▶ The best way to protect yourself and others is to avoid exposure, and use these simple prevention methods:

☐ Wash your hands frequently. Scrub your hands with soap and water for at least 20 seconds after you have been in a public place, or after blowing your nose, coughing, or sneezing.

☐ If soap and water are not available, use an alcohol-based hand sanitizer with at least 60% alcohol.

☐ Cover your cough or sneeze with a tissue, then throw the tissue in the trash.

☐ Avoid touching your eyes, nose and mouth with unwashed hands.

☐ Regularly clean and disinfect high-touch objects and surfaces.

☐ Stay home when you are sick.

☐ Wear a face mask if you are in public and around other people.

☐ Keep at least six feet away from other people when in public.