REVIEWED
By Chris at 10:24 am, May 05, 2020

Coronavirus Disease 2019 (COVID-19)

How to Protect Yourself & Others

Older adults and people who have severe underlying medical conditions like heart o
seem to be at higher risk for developing serious complications from COVID-19 illness. M
at higher risk for serious illness?

Know how it spreads

- There is currently no vaccine to prevent coronavirus disease 2019 (COVID-19).
- **The best way to prevent illness is to avoid being exposed to this virus.**
- The virus is thought to spread mainly from person-to-person.
  - Between people who are in close contact with one another (within about 6 fe
  - Through respiratory droplets produced when an infected person coughs, sne
  - These droplets can land in the mouths or noses of people who are nearby or
    lungs.
  - Some recent studies have suggested that COVID-19 may be spread by people
    symptoms.

Everyone Should

Wash your hands often

- Wash your hands often with soap and water for at least 20 seconds especially afte place, or after blowing your nose, coughing, or sneezing.
- If soap and water are not readily available, **use a hand sanitizer that contains at l** surfaces of your hands and rub them together until they feel dry.
- **Avoid touching your eyes, nose, and mouth** with unwashed hands.

Avoid close contact

- **Avoid close contact** with people who are sick
- Put **distance between yourself and other people.**
  - Remember that some people without symptoms may be able to spread virus
  - Keeping distance from others is especially important for people who are at hi

Cover your mouth and nose with a cloth face cover wh

- You could spread COVID-19 to others even if you do not feel sick.
- Everyone should wear a cloth face cover when they have to go out in public, for ex to pick up other necessities.
  - Cloth face coverings should not be placed on young children under age 2, any breathing, or is unconscious, incapacitated or otherwise unable to remove th
- The cloth face cover is meant to protect other people in case you are infected.
- Do NOT use a facemask meant for a healthcare worker.
- Continue to keep about 6 feet between yourself and others. The cloth face cover is distancing.

Cover coughs and sneezes

- If you are in a private setting and do not have on your cloth face covering, reme mouth and nose with a tissue when you cough or sneeze or use the inside of your
- Throw used tissues in the trash.
- Immediately wash your hands with soap and water for at least 20 seconds. If soap available, clean your hands with a hand sanitizer that contains at least 60% alcoho

Clean and disinfect

- Clean AND disinfect frequently touched surfaces daily. This includes tables, door countertops, handles, desks, phones, keyboards, toilets, faucets, and sinks.
- If surfaces are dirty, clean them. Use detergent or soap and water prior to disinfe
- Then, use a household disinfectant. Most common EPA-registered household dis

Handwashing Resources

Handwashing tips

Hand Hygiene in Healthcare Settings

More information

Symptoms

What to do if you are sick

If someone in your house gets sick

Frequently asked questions

Travelers

Individuals, schools, events, businesses and more

Healthcare Professionals

6 Steps to Prevent COVID-1

6 Steps to Prevent COVID-1

Social Distancing (ASL Vide

ASL Video Series: What You
Handwashing