



Centers for Disease Control and Prevention

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*By Chris at 9:58 am, Jun 03, 2020*

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# 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. [N 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 feet)
  - Through respiratory droplets produced when an infected person coughs, sneezes, or talks
  - These droplets can land in the mouths or noses of people who are nearby or on their eyes, nose, or mouth
  - Some recent studies have suggested that COVID-19 may be spread by people who are asymptomatic

## Everyone Should



## Wash your hands often

- **Wash your hands** often with soap and water for at least 20 seconds especially after you return home from work or school, after being in public places, or after blowing your nose, coughing, or sneezing.
- If soap and water are not readily available, use a **hand sanitizer that contains at least 60% alcohol** on all 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, even inside your home.** If possible, avoid contact with a person who is sick and other household members.
- **Put distance between yourself and other people outside of your home.**
  - Remember that some people without symptoms may be able to spread virus.
  - **Stay at least 6 feet (about 2 arms' length) from other people.**
  - Do not gather in groups.
  - Stay out of crowded places and avoid mass gatherings.
  - Keeping distance from others is especially important for **people who are at high risk** for severe illness.



## Cover your mouth and nose with a cloth face cover w

- 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% alcoh



## 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 disinfect.
- Then, use a household disinfectant. Most common [EPA-registered household dis](#)



## Monitor Your Health

- Be alert for symptoms. Watch for fever, cough, shortness of breath, or [other symptoms](#)
  - Especially important if you are [running essential errands](#), going into the office where it may be difficult to keep a [physical distance of 6 feet](#).
- Take your temperature if symptoms develop.
  - Don't take your temperature within 30 minutes of exercising or after taking medication to reduce your temperature, like acetaminophen.
- Follow [CDC guidance](#) if symptoms develop.

## Handwashing Resources



### Handwashing tips



## Hand Hygiene in Healthcare Settings

### More information

[Symptoms](#)

[Healthcare Professionals](#)

[What to do if you are sick](#)

[6 Steps to Prevent COVID-19](#)

[If someone in your house gets sick](#)

[6 Steps to Prevent COVID-19](#)

[Frequently asked questions](#)

[Social Distancing \(ASL Video Series\)](#)

[Travelers](#)

[ASL Video Series: What You Should Know About Handwashing](#)

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