

How to Avoid COVID-19

(and flu and any other respiratory virus)

1. **Avoid close contact with people who are sick.**
2. **Stay home when you are sick, except to get medical care.**
3. **Do not share drinking glasses, utensils, food** that travels from hand to hand, or anything that goes in your mouth.
4. **Cover your coughs and sneezes with a tissue.**
5. **Clean frequently touched surfaces and objects daily** (e.g., tables, countertops, light switches, doorknobs, and cabinet handles) using a regular household detergent/soap and water.
6. **Wash your hands often with soap and water for at least 20 seconds**, especially after going to the bathroom; before eating; and 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. Always wash your hands with soap and water if your hands are visibly dirty.