

# HOW TO PROTECT YOURSELF & OTHERS FROM COVID-19

## KNOW HOW IT SPREADS

Coronavirus (COVID-19) is thought to spread mainly from person-to-person:



Between people interacting in close proximity to one another (within 6 feet)

Through respiratory droplets produced when an infected person speaks, coughs, or sneezes, even if that person is not exhibiting symptoms



## TAKE STEPS TO PROTECT YOURSELF



### Clean your hands often

Wash hands often with soap and water for at least 20 seconds or apply hand sanitizer containing at least 60% alcohol.



### Avoid touching your eyes, nose & mouth with unwashed hands.



### Avoid close contact

Put distance between yourself and other people. This is especially important for people at higher risk of complications from COVID-19.

## TAKE STEPS TO PROTECT OTHERS



### Stay home when sick



### Cover coughs & sneezes



### Clean & disinfect surfaces

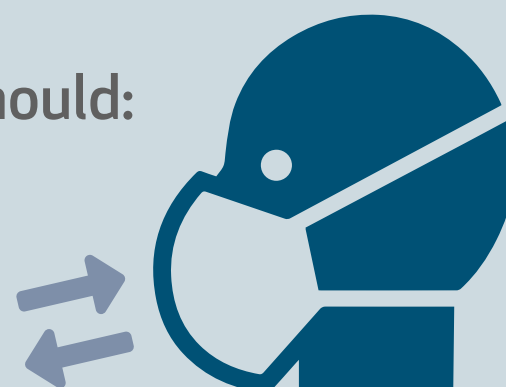


### Wear a face covering

The CDC recommends wearing face coverings, like homemade cloth face masks, in public settings where other social distancing measures are difficult to maintain, such as in grocery stores.

#### Wear face coverings properly. Face coverings should:

- Fit snugly but comfortably against the side of the face, covering mouth and nose
- Allow for breathing without restriction
- Be washed regularly, if cloth, in a washing machine



#### Cloth face masks:

- Use multiple layers of fabric
- Secure with ties or ear loops
- Can be machine laundered and dried without damage or change to shape

For more information on the use of homemade face masks and instructions on how to make them, visit <https://www.cdc.gov/coronavirus/2019-ncov/downloads/DIY-cloth-face-covering-instructions.pdf>.

Sources: Centers for Disease Control and Prevention, National Center for Immunization and Respiratory Diseases (NCIRD), Division of Viral Diseases. Information as of 4/17/2020.

<https://www.cdc.gov/coronavirus/2019-ncov/prepare/prevention.html>