

EVERYDAY TIPS FOR COVID-19 PREVENTION



Wash your hands with soap and water or alcohol-based hand sanitizer for at least 20 seconds



Stay at home if you are sick, except to get medical care



Avoid touching your eyes, nose and mouth, especially with unwashed hands



Cover your cough or sneeze with a tissue then throw that tissue in the trash



Clean and disinfect frequently touched objects and surfaces



Avoid close contact with people who are sick