

PROTECT YOURSELF AND OTHERS FROM COVID-19

The best way to prevent getting sick is to decrease your risk of being exposed to the virus. The Centers for Disease Control and Prevention (CDC) recommends taking the following precautions:

PROTECT YOURSELF



Wash Your Hands Often With Soap and Water

Wash hands for at least 20 seconds. No soap? Use a hand sanitizer that contains at least 60% alcohol.



Avoid Close Contact

If the virus is spreading in your community, it's important to limit contact with those who may be sick.

AND PROTECT OTHERS



Stay Home If You Are Sick

Keeping yourself isolated when feeling sick can help decrease the spread of the disease.



Practice Good Hygiene

Wash your hands and disinfect any surfaces you use regularly.



Follow Regulations and Guidelines

It's important to stay up to date on CDC guidelines and follow regulations set by employers and the government.

Visit [cdc.gov](https://www.cdc.gov) if you have more questions about COVID-19.

