PROTECT YOURSELF AND OTHERS FROM THE CORONAVIRUS (COVID-19)

EVERYDAY PREVENTATIVE ACTIONS

1) WASH YOUR HANDS OFTEN WITH SOAP AND WATER FOR AT LEAST 20 SECONDS. IF SOAP AND WATER ARE NOT AVAILABLE, USE AN ALCOHOL-BASED HAND SANITIZER.

2) AVOID TOUCHING YOUR EYES, NOSE, AND MOUTH WITH UNWASHED HANDS.

3) AVOID CLOSE CONTACT WITH PEOPLE WHO ARE SICK. STAY HOME WHEN YOU ARE SICK WITH A FEVER.

4) COVER YOUR COUGH OR SNEEZE WITH A TISSUE, THEN THROW THE TISSUE IN THE TRASH.

5) CLEAN AND DISINFECT FREQUENTLY TOUCHED OBJECTS AND SURFACES.

If you have traveled from China in the last 14 days AND you are experiencing fever and cough or shortness of breath, please visit a health care provider immediately.

CDC recommends avoiding all non-essential travel to the People’s Republic of China (this does not include the Special Administrative Regions of Hong Kong and Macau, or the island of Taiwan).

Learn more at www.cdc.gov

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