



COVID-19

**CORONAVIRUS DISEASE
2019**



**CENTERS FOR DISEASE
CONTROL AND PREVENTION**

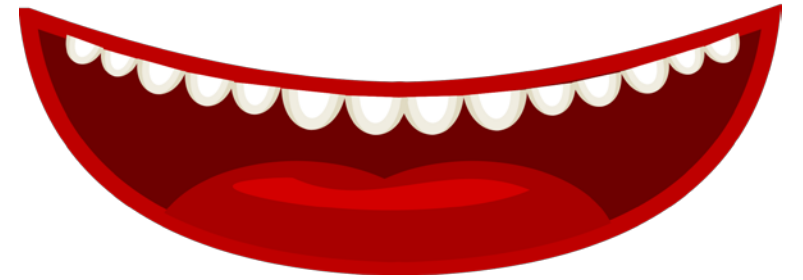
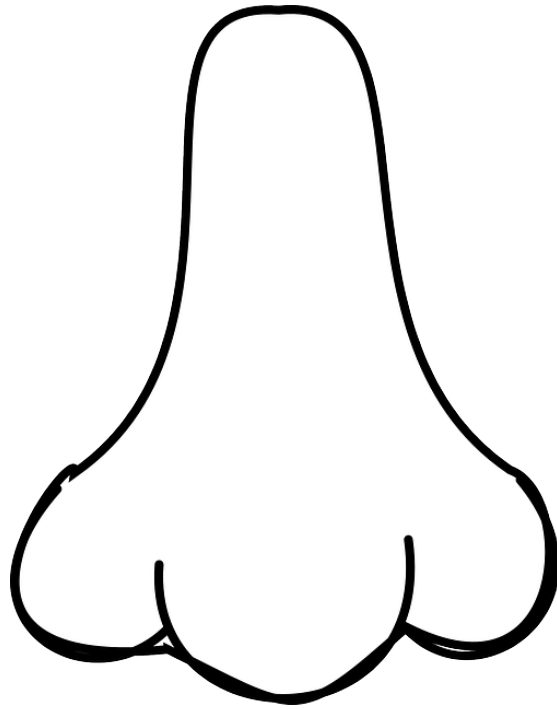
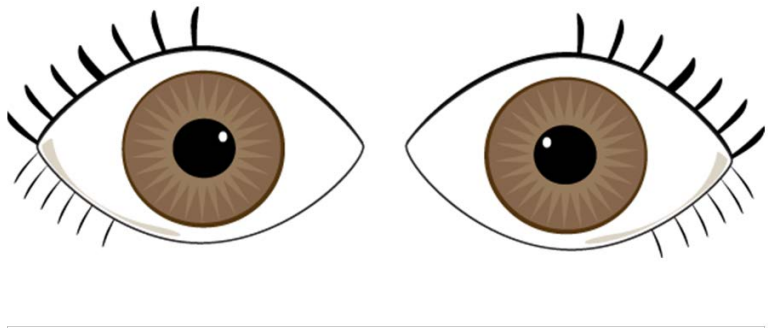
Help prevent the
spread of
respiratory
diseases like
COVID-19.



Avoid close
contact with
people who are
sick.



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

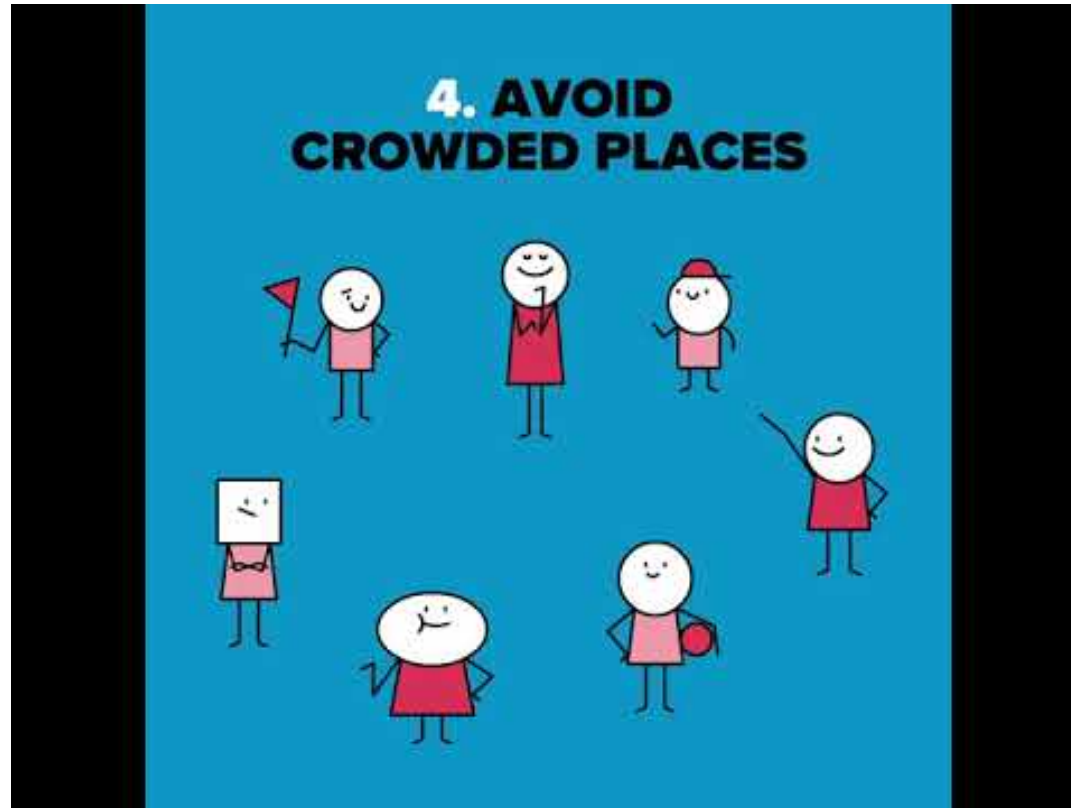


Avoid touching your eyes, nose, and mouth.

A person wearing yellow gloves is cleaning a surface. One hand holds a red spray bottle, and the other hand uses a light blue cloth to wipe the surface. The background is blurred, showing a white container.

Clean and disinfect frequently touched objects and surfaces.

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



Take steps to protect yourself



Clean your hands often

- **Wash your hands** often with soap and water for at least 20 seconds especially after you have been in a public place, or 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**. Cover all surfaces of your hands and rub them together until they feel dry.
- **Avoid touching your eyes, nose, and mouth** with unwashed hands.

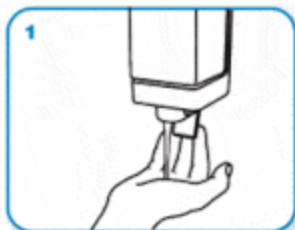


Avoid close contact

- **Avoid close contact** with people who are sick
- Put **distance between yourself and other people** if COVID-19 is spreading in your community. This is especially important for [people who are at higher risk of getting very sick](#).



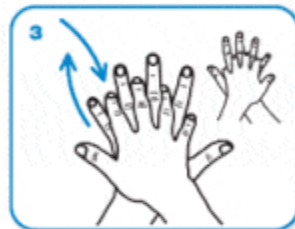
Wet hands with water



apply enough soap to cover all hand surfaces.



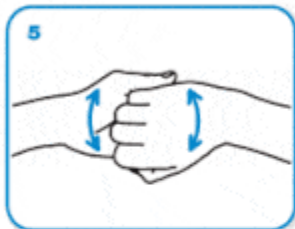
Rub hands palm to palm



right palm over left dorsum with interlaced fingers and vice versa



palm to palm with fingers interlaced



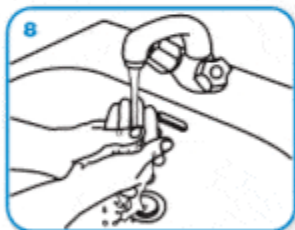
backs of fingers to opposing palms with fingers interlocked



rotational rubbing of left thumb clasped in right palm and vice versa



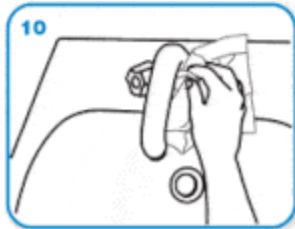
rotational rubbing, backwards and forwards with clasped fingers of right hand in left palm and vice versa.



Rinse hands with water



dry thoroughly with a single use towel



use towel to turn off faucet



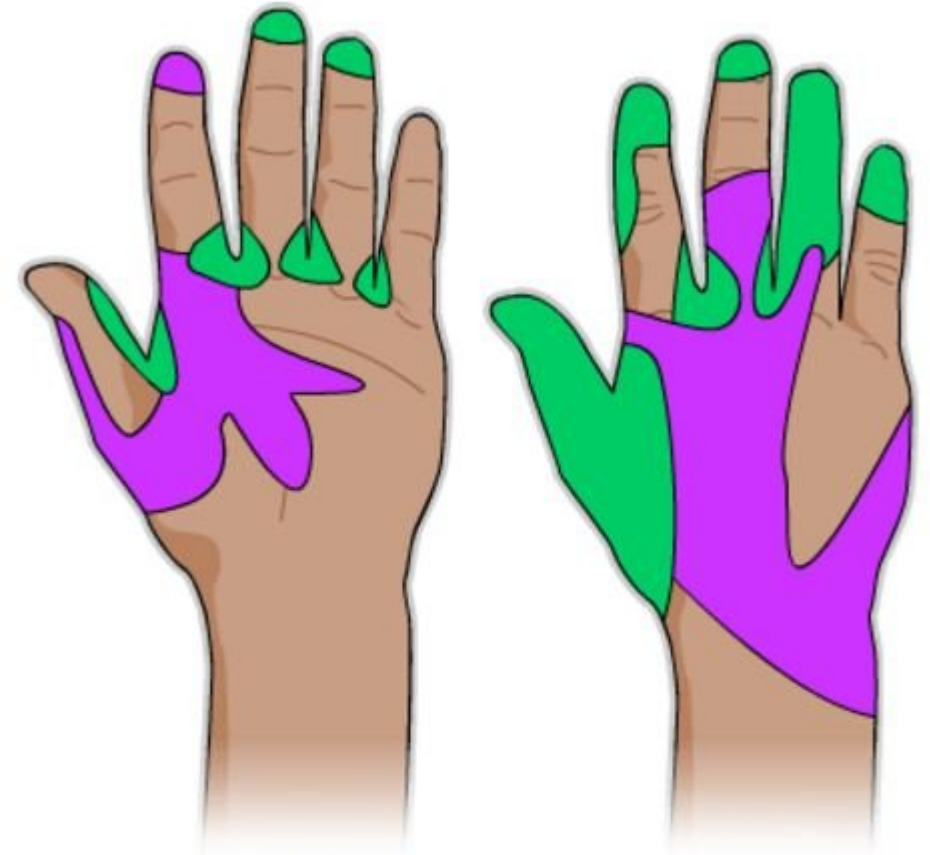
...and your hands are safe.



Clean Your Hands Often

- Wash your hands often with soap and water for at least 20 seconds.
- Use an alcohol-based hand sanitizer that contains at least 60% alcohol if soap and water are not available.

When to Wash Your Hands

- Before eating (including snacks)
- Whenever you come from being outdoors
- After sneezing or coughing
- When someone around you is ill.



-  Sometimes missed
-  Frequently missed



The following symptoms may appear 2-14 days after exposure.





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For more
information visit:

www.cdc.gov/COVID19

and

www.youtube.com/channel/UCiMg06DjcUk5FRiM3g5sqoQ