HOW TO PROTECT YOURSELF AND OTHERS

COVID-19

KNOW HOW IT SPREADS

- THERE IS CURRENTLY NO VACCINE TO PREVENT CORONAVIRUS DISEASE 2019 (COVID-19).
- THE BEST WAY TO PREVENT ILLNESS IS TO AVOID BEING EXPOSED TO THIS VIRUS.
- THE VIRUS IS THOUGHT TO SPREAD MAINLY FROM PERSON-TO-PERSON.
  - » BETWEEN PEOPLE WHO ARE IN CLOSE CONTACT WITH ONE ANOTHER (WITHIN ABOUT 6 FEET).
  - » THROUGH RESPIRATORY DROPLETS PRODUCED WHEN AN INFECTED PERSON COUGHS, SNEEZES OR TALKS.
  - » THESE DROPLETS CAN LAND IN THE MOUTHS OR NOSES OF PEOPLE WHO ARE NEARBY OR POSSIBLY BE INHALED INTO THE LUNGS.
  - » SOME RECENT STUDIES HAVE SUGGESTED THAT COVID-19 MAY BE SPREAD BY PEOPLE WHO ARE NOT SHOWING SYMPTOMS

EVERYONE SHOULD

CLEAN YOUR HANDS OFTEN

AVOID CLOSE CONTACT

COVER YOUR MOUTH & NOSE
WITH A CLOTH FACE COVER WHEN AROUND OTHERS

COVER COUGHS & SNEEZES

CLEAN & DISINFECT