



COVID-19

Reduce Your Risk of Respiratory Illness



- Frequently wash your hands with soap and water for at least 20 seconds, or use an alcohol-based hand sanitizer.
- Routinely clean and disinfect frequently touched surfaces, such as counters and doorknobs.
- Cover your mouth and nose with your elbow or tissue when you cough or sneeze.
- Avoid touching your eyes, nose and mouth if your hands aren't clean.
- Avoid close contact with anyone who is sick.
- Avoid sharing dishes, glasses, bedding and other household items if you're sick.
- Stay home from work, school and public areas if you're sick.

RECOMMENDED BY:



DO I NEED A FACEMASK?

If you're not sick, the CDC recommends you do not wear a mask. It will not protect you from respiratory illness.

If you have symptoms, like coughing or sneezing, wear a mask to help prevent spreading the illness to others.

If you're a healthcare provider, or are caring for someone with COVID-19, wear a mask when you're in close contact with those who are sick.