Protect Yourself and Others From COVID-19

Know about COVID-19
We are experiencing a pandemic of respiratory disease spreading quickly from person to person caused by a new coronavirus. The disease is called coronavirus disease 2019 (COVID-19). This situation continues to pose a serious public health risk. COVID-19 symptoms can range from mild (or no symptoms) to severe illness. Everyone is at risk of getting COVID-19. Older adults and people of any age who have serious underlying medical conditions may be at higher risk for more severe illness.

Know how it spreads
- COVID-19 is primarily spread from person to person. You can become infected by coming into close contact (about 6 feet) with a person who has COVID-19 from respiratory droplets when an infected person coughs, sneezes, or talks.
- You may also become infected by touching a surface or object that has the virus on it, and then by touching your mouth, nose, or eyes.

There is currently no vaccine to prevent COVID-19. The best way to prevent illness is to avoid being exposed to this virus. Know the COVID-19 symptoms and additional steps you may be able to take to protect yourself by visiting the CDC website at cdc.gov/coronavirus. Use this tip sheet to help protect yourself, your loved ones, and your neighbors.

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.
- Soap and water are always preferable, but 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.

Stay home as much as possible and avoid close contact with others
- Stay home as much as possible and avoid close contact with people who do not share your home.
- Avoid all non-essential outings, and large and small gatherings in private and in public.
- To avoid unnecessary trips, have a 1-month supply of medications and 2-week supply of food and supplies. Follow the guidance of your doctor on whether to conduct doctor’s visits via video, phone, email, or face-to-face, and when and how best to get lab work and other tests and procedures done.
  - A 1-month supply of prescription medication includes over-the-counter medications like cough suppressants, fever reducing drugs, a thermometer, and other medical supplies or equipment. Ask your physician or local pharmacy if prescriptions can be delivered to your home, or if you can pick them up at a drive thru.
A 2-week supply of food also includes water, household cleaning and disinfection supplies, soap, paper products, and personal hygiene items. Contact your local grocery stores to see if they offer online ordering with options for contact-free home delivery or curbside pick-up.

In public, cover your mouth and nose with a cloth face covering and practice physical distancing
- Wear a cloth face covering, such as a mask or scarf, when in public, and practice physical distancing by keeping 6 feet between you and others.
- Cloth face coverings should not be placed on young children under age 2, anyone who has trouble breathing, or is unable to remove it without help. Detailed information on cloth face coverings available at: cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/diy-cloth-face-coverings.html

Always cover your coughs and sneezes
- Always cover your mouth and nose with a tissue when you cough or sneeze or use the inside of your elbow. Throw used tissues in the trash.
- Immediately wash your hands with soap and water for at least 20 seconds. Soap and water are always preferable, but if soap and water are not readily available, use a hand sanitizer that contains at least 60% alcohol.

Clean and disinfect frequently touched surfaces daily
- Clean AND disinfect frequently touched surfaces daily. This includes tables, doorknobs, light switches, countertops, handles, desks, phones, keyboards, toilets, faucets, and sinks.
- If surfaces are dirty, clean them. Use detergent or soap and water prior to disinfection.
- Then, use a household disinfectant. Most common EPA-registered household disinfectant will work. These products are for use on surfaces, NOT humans.

Additional Resources
- Center for Disease Control: cdc.gov/coronavirus
- American Red Cross: redcross.org/coronavirus
- National Disaster Distress Helpline: Available to anyone experiencing emotional distress related to COVID-19. Call 1-800-985-5990 or text TalkWithUs to 66746 to speak to a caring counselor. TTY 1-800-846-8517. Spanish Speakers. Call 1-800-985-5990 and press ”2“ From the 50 States, text Hablanos to 66746. From Puerto Rico, text Hablanos to 1-787-339-2663
- If you are feeling overwhelmed with emotions such as sadness, depression, anxiety, or feel like you want to harm yourself or someone else, call 911 or the National Suicide Prevention Lifeline at 1-800-273-TALK (1-800-273-8255).