Coronavirus (COVID-19): Protect Yourself and Others

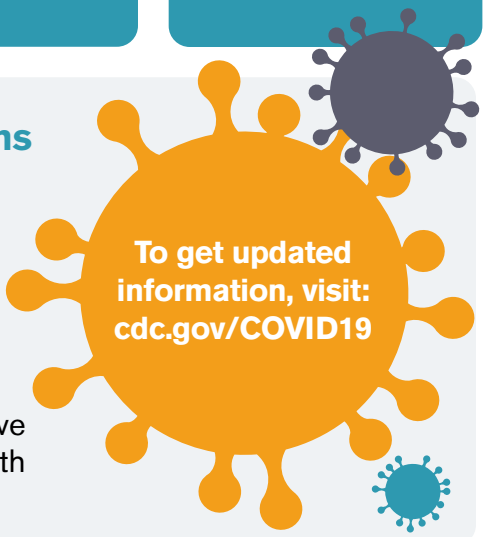
Help prevent the spread of respiratory illness like COVID-19

- Avoid close contact with people who are sick
- Wash your hands often with soap and water for at least 20 seconds
- Avoid touching your eyes, nose and mouth
- Disinfect frequently touched objects and surfaces
- Clean your hands with an alcohol-based hand sanitizer with at least 60% alcohol
- Cover your cough or sneeze with a tissue, then throw it in the trash
- Stay home if you are sick, except to get medical care
- Stay informed! The coronavirus outbreak is continually changing.

Seek medical advice if you develop symptoms

- ✓ **Fever**
- ✓ **Cough**
- ✓ **Shortness of breath**

Call your healthcare professional if you develop symptoms and have been in close contact with a person known to have COVID-19, or if you have recently traveled from an area with widespread or ongoing spread of COVID-19.



Source: Centers for Disease Control and Prevention (CDC)

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