3 Steps to Protect Yourself and Others from COVID-19

Coronavirus (COVID-19) is an illness caused by a virus that can spread from person to person. COVID-19 symptoms can range from mild (or no symptoms) to severe illness.

You can become infected by coming into close contact (about 6 feet or two arm lengths) with a person who has COVID-19 or from respiratory droplets when an infected person coughs, sneezes, or talks.

You may also be able to get it by touching a surface or object that has the virus on it, and then by touching your mouth, nose, or eyes.

1. **Protect yourself and others from COVID-19**
   
   Since there is currently no vaccine to protect against COVID-19, the best way to protect yourself is to avoid being exposed to the virus.
   
   ● Stay home as much as possible and avoid close contact with others.
   ● Wear a cloth face covering that covers your nose and mouth in public settings.
   ● Clean and **disinfect** frequently touched surfaces.
   ● Wash your hands often with soap and water for at least 20 seconds, or use an alcohol-based hand sanitizer that contains at least 60% alcohol.

2. **Keep a Safe Distance from People Outside Your Household**
   
   ● Buy groceries and medicine, go to the doctor, and complete banking activities online when possible.
   ● If you must go someplace in person, stay at least 6 feet away from others and disinfect items you must touch.
   ● Get deliveries and takeout, and limit in-person contact as much as possible.

3. **Know what to do if you are sick**
   
   ● Stay home if you are sick, except to get medical care.
   ● Avoid public transportation, ride-sharing, or taxis.
   ● Separate yourself from other people and pets in your home.
   ● There is no specific treatment for COVID-19, but you can seek medical care to help relieve your symptoms.
   ● If you need medical attention, call ahead.

Source: [Centers for Disease Control](https://www.cdc.gov/coronavirus/2019-ncov/index.html)