

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](#)