

CDC Guidelines

How to Protect Yourself

Know How it Spreads



- The best way to prevent illness is to avoid being exposed to this virus.
- The virus is thought to spread mainly from person-to-person.
 - Between people who are in close contact with one another (**within about 6 feet**).
 - Through respiratory droplets produced when an infected person coughs or sneezes.
- These droplets can land in the mouths or noses of people who are nearby or possibly be inhaled into the lungs.

How do I practice social distancing?

The [CDC defines social distancing](#) as it applies to COVID-19 as "remaining out of congregate settings, avoiding mass gatherings (state identified as 10 or more individuals) and maintaining distance (approximately 6 feet or 2 meters) from others when possible." This means, "no hugs, no handshakes." It's particularly important—and perhaps obvious—to maintain that same 6-foot distance from anyone who is demonstrating signs of illness, including coughing, sneezing, or fever.

Take steps to protect yourself



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.
- 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.

Take steps to protect others



Stay home if you're sick

- Stay home if you are sick, except to get medical care.



Cover coughs and sneezes

- 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. If soap and water are not readily available, clean your hands with a hand sanitizer that contains at least 60% alcohol.



Clean and disinfect

- 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.