

COVID -19

PANDEMIC PREPAREDNESS

OTHER TIPS TO PROTECT YOURSELF

1. **Avoid close contact.**

Avoid close contact with people who are sick. When you are sick, keep your distance from others to protect them from getting sick too.

2. **Stay home when you are sick.**

If possible, stay home from work, school, and errands when you are sick. This will help prevent spreading your illness to others.

3. **Cover your mouth and nose.**

Cover your mouth and nose with a tissue when coughing or sneezing. It may prevent those around you from getting sick. COVID-19, Flu and other serious respiratory illnesses, like respiratory syncytial virus (RSV), whooping cough, and severe acute respiratory syndrome (SARS), are spread by cough, sneezing, or unclean hands.

4. **Clean your hands.**

Washing your hands often will help protect you from germs. If soap and water are not available, use a 60% alcohol-based hand rub.

5. **Avoid touching your eyes, nose or mouth.**

Germs are often spread when a person touches something that is contaminated with germs and then touches his or her eyes, nose, or mouth.

6. **Cleaning Frequently touched surfaces and objects.**

Clean surfaces and objects that are touched frequently, including desks, doorknobs, railings, computer keyboards, phones, and toys.

You can also use a bleach-and-water solution or disinfectant with a label that says "EPA approved" for killing bacteria and viruses. Always follow directions on product labels.

7. **Practice other good health habits.**

Clean and disinfect frequently touched surfaces at home, work or school, especially when someone is ill. Get plenty of sleep, be physically active, manage your stress, drink plenty of fluids, and eat nutritious food.