



What to do to prevent coronavirus disease (COVID-19) (updated 3/31/20)

You generally need to be in close contact with a sick person to get infected with the virus that causes COVID-19. Close contact includes:

- Living in the same household as a sick person with COVID-19, OR
- Caring for a sick person with COVID-19, OR
- Being in direct contact with secretions from a sick person with COVID-19 (e.g., being coughed on, kissing), OR
- Being within 6 feet of a sick person with COVID-19 for about 10 or more minutes

If you have not been in close contact to a person with laboratory-confirmed COVID-19, follow the general steps below to minimize your risk of COVID-19 infection and exposure for the future:

What should I do to protect myself from COVID-19?

- 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.
- Avoid close contact with people who are sick
- Put distance between yourself and other people if COVID-19 is spreading in your community.
- 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.

What should I do if I get sick but have not been in close contact to a person with laboratory-confirmed COVID-19? If you develop a fever, cough, or have trouble breathing:

- Stay home except to get medical care. Do not visit public areas.
- Stay in touch with your doctor. Call before you get medical care. Be sure to get care if you feel worse or you think it is an emergency.
- Avoid public transportation: bus, ride-sharing, or taxis.
- Stay away from others: As much as possible, you should stay in a specific “sick room” and away from other people in your home. Use a separate bathroom, if available.
- Limit contact with pets & animals: You should restrict contact with pets and other animals, just like you would around other people.
- Clean your hands often
- Avoid sharing personal household items
- Clean AND disinfect frequently touched surfaces daily.

More information on how to protect yourself from COVID-19 is available on the Centers’ for Disease Control and Prevention’s website: <https://www.cdc.gov/coronavirus/2019-ncov/prepare/prevention.html>