

Tips to Protect Yourself from COVID-19

The 2019 Coronavirus, or COVID-19 virus, is an infectious disease similar to the cold. It travels in droplets when you cough and sneeze, and in other body fluids. Personal hygiene is the best prevention.

Hand Washing

Wash your hands with soap and water for at least 20 seconds after using the bathroom; before eating and touching your any part of your face; and after blowing your nose, coughing or sneezing. Hand washing is still the best way to prevent getting sick.



Don't Touch Your Face

Avoid touching your eyes, nose, and mouth with unwashed hands.

Keep Your Distance

Avoid close contact with people who are showing symptoms of illness.

Clean and Disinfect

Clean and disinfect frequently touched objects and surfaces at home and work.

Cover Your Mouth

Cover your cough or sneezes with a tissue or cough into your elbow. Throw the tissue away promptly and wash your hands with soap and water.

Minding Your Fingernails

Fingernails are home to dirt and germs and can help spread infections. Keep nails short and clean the undersides frequently with a nail brush, soap and water.

Stay Home

Stay home when you are sick, especially if you have a fever and are coughing or sneezing.

Avoiding Personal Contact

Replace hugs and handshakes with elbow or foot bumping, a head nod, a slight bow, or other no-touch greeting.

Visit our website for more information about support groups, clinical trials and lifestyle information.

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