

## 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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