

Cover your mouth and nose

Cover your mouth and nose when coughing or sneezing.

Throw used tissues

Immediately wash your hands after coughing or sneezing.

Clean your hands

Wash your hands often with soap and water for at least 20 seconds.

Use hand sanitizer if soap and water are not available.

Soap and water are the best option.

Avoid touching your eyes, nose, and mouth.

Avoid sharing personal items

Do not share items like cups, water bottles, or food.

Wash these items thoroughly after using them.

Clean and disinfect surfaces

Clean and disinfect frequently touched surfaces such as doorknobs, light switches, and tables.

If a caregiver or other person needs to clean and disinfect, use a disinfectant that is effective against the virus.

Clean and disinfect areas that may have blood, stool, or other bodily fluids.

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