

Protect Yourself and Your Family Against COVID-19



What is COVID-19 and how does it spread?

COVID-19 is a disease caused by a coronavirus. The virus is spread when a person who is infected with the virus speaks, sneezes or coughs when in close contact with another person (within 6 feet). If you are infected with the virus, you may spread the disease even if you feel well. COVID-19 has the potential to cause severe illness and pneumonia.

You can protect yourself and your family by following the guidance below.



Wash hands

Wash your hands often with soap and water for at least 20 seconds to kill the COVID-19 virus. You can also use hand sanitizer with at least 60% alcohol.



Wear cloth face coverings

Cover both your mouth and nose with your face covering but allow for breathing without restriction. Include multiple layers of fabric or cloth and secure with ties or ear loops. When removing a cloth face covering, avoid touching your eyes, nose and mouth.

Wash your hands immediately after removing. Wash face coverings every day they are worn, if possible.



Watch your distance

Try to stay 6 feet apart from others. If a family member is infected with COVID-19, they must stay home and away from others, even if they don't have symptoms. If they are really sick, they must go to the hospital. Regularly clean and disinfect surfaces and objects your sick family member touches and open windows to create ventilation in your home.



Clean surfaces and objects

Clean and disinfect all surfaces that are touched often, like counters, tabletops, door knobs, keyboards and bedside tables. Use soap and water and household cleaning sprays and wipes according to the label instructions.

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