

How to prevent spreading & catching coronavirus.

How to prevent catching the virus.



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

If soap and water are not readily available, use an alcohol-based hand sanitizer with at least 60% alcohol.



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



Avoid close contact with people who are sick.

How to prevent spreading the virus.



Clean and disinfect frequently touched objects and surfaces using a regular household cleaning spray or wipe.



Cover your cough or sneeze with a tissue, then throw the tissue in the trash.



Stay home when you are sick.