



HOW TO PROTECT YOURSELF & OTHERS



≡ know how Covid-19 spreads ≡

There is currently no vaccine to prevent coronavirus disease 2019 (COVID-19).

The best way to prevent illness is to avoid being exposed to this virus.

The virus is thought to spread mainly from person-to-person.

Between people who are in close contact with one another (within about 6 feet).

Through respiratory droplets produced when an infected person coughs, sneezes or talks.

These droplets can land in the mouths or noses of people who are nearby or possibly be inhaled into the lungs.

Some recent studies have suggested that COVID-19 may be spread by people who are not showing symptoms.

Everyone Should



WASH YOUR HANDS OFTEN



COVER YOUR MOUTH AND NOSE



AVOID CLOSE CONTACT



COVER COUGHS AND SNEEZES



CLEAN AND DISINFECT



MONITOR YOUR HEALTH DAILY