Protect Yourself and Your Community from COVID-19

Wash your Hands

Wash your hands frequently with soap and water for at least 20 seconds, especially after going to the bathroom, before eating, and after blowing your nose, coughing or sneezing. For information about handwashing, see CDC's Handwashing website. If soap and water are not available, use an alcohol-based hand sanitizer with at least 60% alcohol.

Cover your Cough

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

Stay Home if You're Sick

Avoid close contact with people who are sick, and stay home when you are sick. Avoid touching your eyes, nose, and mouth.

Disinfect Frequently

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

If You're Sick, Use a Facemask

The CDC does not recommend that people who are well wear a facemask to protect themselves from respiratory diseases, including COVID-19. Facemasks should be used by people who show symptoms of COVID-19 to help prevent the spread of the disease to others.

Symptoms may appear 2-14 days after exposure and include fever, cough, and shortness of breath.

People who think they may have been exposed to COVID-19 should contact their healthcare provider immediately.

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HOME HEALTH CARE