

# Your Health Checklist: Coronavirus Prevention

Coronavirus or COVID-19 is a virus that can spread quickly and cause serious complications. The best way to avoid getting sick is to avoid being exposed to the virus. Follow this checklist to protect you and your community.

DO: Wear a mask in public, around high-risk people, or when you are around people not in your own household. DO: Wash your hands often. Use soap and water. Wash your hands for at least 20 seconds. A good way to remember - sing the ABC's while you do it! DO: Always wash your hands after using the bathroom, being in a public place and before you eat. If you don't have access to soap, use an alcohol-based hand sanitizer, with at least 60% alcohol.

DO: Sneeze into your elbow. This will help prevent germs from going into the air and onto your hands. DO: Practice social distancing. That means staying 6 feet away from people if you must go out. Stay home and work from home as much as possible. Stay six feet away from anyone who is coughing or sneezing.

DO: Avoid close contact with people who are sick. This especially important for people who are a higher risk of getting sick, and those that care for those at higher risk. DO: Cough into a tissue. Remember to throw your tissue away in the trash and wash your hands.

DO: Clean and disinfect frequently touched surfaces every day. This includes doorknobs, light switches, countertops, phones, faucets and sinks.

DO Not: Touch your face including your nose, mouth, and eyes. These are all places where germs can enter your body.

Most importantly, stay at home if you are sick, except to go get medical care. Coronavirus is serious, but its spread can be limited. Follow this checklist to prevent spreading COVID-19 to your family, friends, and community.