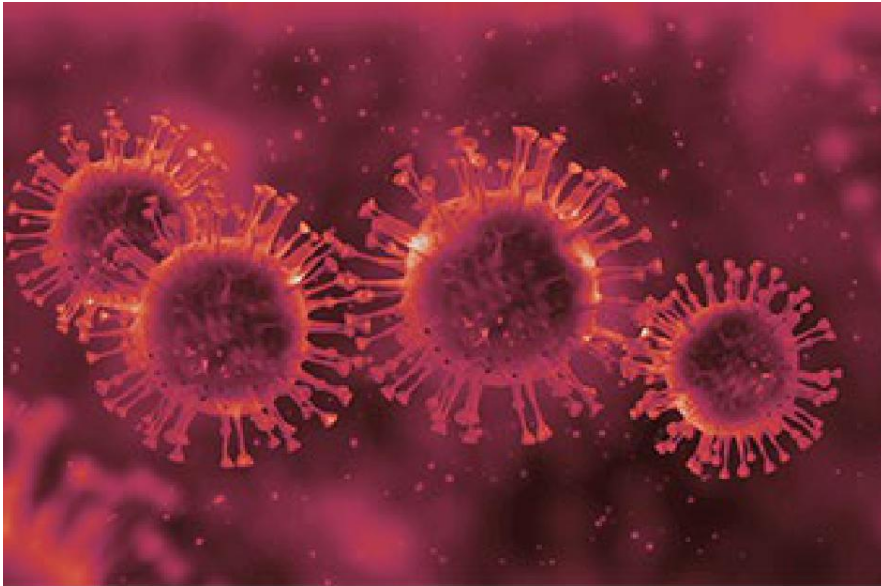## Simple Ways to Avoid COVID-19

Overview

We all want to avoid COVID-19. Let's look at some simple ways to lower your risk of infection.

Get vaccinated

First, get vaccinated. Vaccines are free and effective. They lower your risk of becoming seriously ill or even dying from the virus. So don't wait, get vaccinated as soon as you can. And get vaccine updates when available.

Wear a mask

Next, if you're going to be around a lot of other people, especially in an indoor space, you may want to wear a mask. Masks limit the spread of the virus through the air. Wearing a mask helps protect you and others.

Wash your hands

Now, wash your hands. Hand washing is one of the best ways to keep germs from spreading. So wash your hands with soap and water often. Lather for at least 20 seconds. If you don't have a place to wash your hands, hand sanitizer is an option. Use one that contains at least 60 percent alcohol.

Other tips

Also, try to avoid touching your face. Germs picked up by your hands can transfer to your eyes, nose and mouth. So limit touching your face as much as possible. And remind everyone not to cough or sneeze openly. Ask others to cover their mouth and nose when they cough or sneeze.

Avoid others

And finally, if you do feel sick, stay home. We know the virus spreads from person to person. So if you think you may have it, don't expose anyone else. For more tips, talk to your doctor.