



The best way to prevent illness is to avoid exposure to this virus.

- The coronavirus is spread mainly from person-to-person
  - Among people in close contact with one another (within 6 feet).
  - Through respiratory droplets produced when an infected person coughs or sneezes.
- Droplets from those infected with the virus can land in the mouths or noses of nearby people who can possibly inhale them into their lungs.
- The new coronavirus can survive for hours or even days on some surfaces. Touching a contaminated surface and, then, touching your face can result in infection. The virus is no longer detectable on plastic after 72 hours and on stainless steel or cardboard after about 48 hours.

### Steps to protect yourself and others from the transmission of the coronavirus.

- Wash your hands often with soap and water for at least 20 seconds, especially after using the bathroom, visiting a public place, blowing your nose, coughing, or sneezing, and before preparing food.
- If soap and water are not readily available, use a hand sanitizer that contains at least 60% alcohol. Cover all surfaces of your hands and rub them together until dry.
- Cover your mouth with a tissue or cough/sneeze into your elbow. Throw tissue into a covered bin.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Avoid close contact with people who are sick.
- Stay home if you are sick.
- Wear a mask if you are sick and need to travel for medical care. Healthy people do not need to wear a mask unless caring for someone diagnosed with or being monitored for the Coronavirus or a respiratory illness. **Some states have specific guidelines on wearing masks, so check with your state.**
- Maintain a 6 foot distance from others when out of the house.

### Commit to social distancing! Stay home and protect yourself and others!

**Social distancing** means avoiding congregating settings and mass gatherings while maintaining distance (approximately 6 feet or 2 meters) from others, when possible.

The objective of social distancing is reducing contact among infected and uninfected people to reduce disease transmission, illness and possible death.

History has proven that social distancing works to slow the rate of viral spread.