10 Ways to Protect Against COVID-19

There are steps you can take to prevent the spread of coronavirus (COVID-19). Here are 10 ways you can protect yourself.

1. Wash your hands often, for at least **20 seconds** at a time.
2. Avoid touching your face.
3. Cover your coughs and sneezes.
4. Clean and disinfect frequently touched objects.
5. Stay at home whenever possible, even if you don’t feel sick.
6. Follow organizational guidance regarding school or workplace closures.
7. Practice social distancing: Stay at least **six feet** from people.
8. Get medical care if you have a fever, cough and shortness of breath.
9. Avoid public transportation and trips out of your home when possible.