

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.

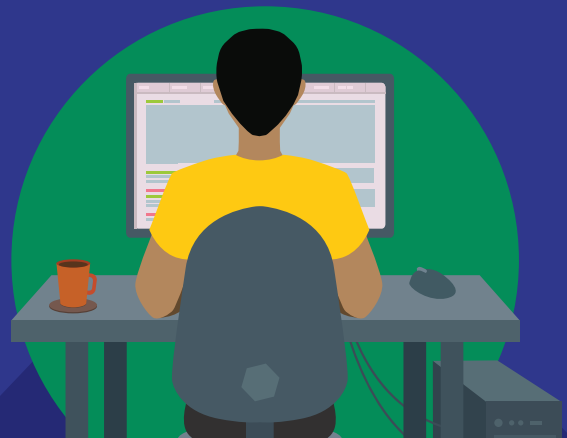


7 Practice social distancing: Stay at least **six feet** from people.

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.



10 Keep up with current information at [cdc.gov/COVID-19](https://www.cdc.gov/COVID-19)