

STAY HEALTHY

RECOMMENDATIONS TO PROTECT YOURSELF FROM NOVEL CORONAVIRUS (COVID-19)

Wash your hands often with soap and water for at least 20 seconds or use a hand sanitizer that contains at least 60% alcohol.



Stay home when you are sick.



Clean and disinfect frequently touched objects and surfaces using a regular household cleaning spray or wipe.



Avoid touching your eyes, nose, and mouth with unwashed hands.



Cover your cough or sneeze with a tissue, then throw the tissue in the trash.



People who are ill are able to isolate at home during their illness. You should restrict activities outside your home, except for getting medical care.



PASCO