Take Steps to Protect Yourself

Clean Your Hands Often
Wash your hands often with soap and water for at least 20 seconds, especially after you have been in a public place, or after blowing your nose, coughing, or sneezing. If soap and water are not readily available, use a hand sanitizer that contains at least 60 percent alcohol. Cover all surfaces of your hands and rub them together until they feel dry. Avoid touching your eyes, nose, and mouth with unwashed hands.

Avoid Close Contact and Practice Social Distancing
Avoid close contact with people who are sick. Practice social distancing by keeping 6 feet between yourself and other people whenever possible. This is especially important for vulnerable populations who are at higher risk of getting very sick.

Take Steps to Protect Others

Stay Home If You Are Sick
Stay at home from work if you are sick, except to get medical care. Also, stay home if you have a member of your household who is both seriously ill and contagious.

Cover Coughs and Sneezes
Cover your mouth and nose with a tissue when you cough or sneeze, or use the inside of your elbow. Throw used tissues in the trash. Immediately wash your hands with soap and water for at least 20 seconds. If soap and water are not readily available, clean your hands with a hand sanitizer that contains at least 60 percent alcohol.

Clean and Disinfect
Clean AND disinfect frequently touched surfaces daily. This includes tables, doorknobs, light switches, countertops, desks, phones, keyboards, toilets, faucets, and sinks, as well as door handles, steering wheels and other surfaces in vehicles. If surfaces are dirty, clean them: Use detergent or soap and water prior to disinfection.

Reserve Facemasks For Individuals Who Are Sick
If you are sick, you should wear a simple surgical facemask when you are around other people, such as when you are sharing a room or a vehicle, and before you enter a healthcare provider’s office. This keeps respiratory droplets from spreading to those who are not ill.

If you are NOT sick, you do not need to wear a facemask unless you are caring for someone who is sick, and they are not able to wear a facemask. In those cases, you should wear an N95 Respirator facemask.