

How can I protect myself from COVID-19?

The U.S. Centers for Disease Control has issued a series of steps that you can take to protect yourself. The best way to prevent illness is to avoid being exposed to this virus.

The virus is thought to spread mainly from person-to-person who are in close contact with one another (within about 6 feet) and through respiratory droplets produced when an infected person coughs or sneezes.

These droplets can land in the mouths or noses of people who are nearby or possibly be inhaled into the lungs.

Take steps to protect yourself:

- Follow **social distancing** practices: put **distance between yourself and other people**. This is especially important for [people who are at higher risk of getting very sick](#).
- **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% 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** with people who are sick.
- **Stay home** if you are sick, except to get medical care. Learn [what to do if you are sick](#).
- **Cover your mouth and nose** with a tissue when you cough or sneeze or use the inside of your elbow.

Visit the CDC site here to learn more on how to protect yourself:

<https://www.cdc.gov/coronavirus/2019-ncov/prepare/prevention.html>

It's important to remember that older adults and people who have severe underlying chronic medical conditions like heart or lung disease or diabetes seem to be at higher risk for developing more serious complications from COVID-19 illness. Please consult with your health care provider about additional steps you may be able to take to protect yourself.

Source: <https://www.cdc.gov/coronavirus/2019-ncov/prepare/prevention.html>