

# Coronavirus Safety (COVID-19)



## Clean Your Hands Often

Wash your hands often with soap and water for at least 20 seconds.

If soap and water are not readily available, use a hand sanitizer that contains at least 60% alcohol.

## Cover Coughs and Sneezes

Cover nose and mouth when coughing with a tissue or flexed elbow



## Avoid Close Contact

Avoid close contact with people who are sick. Put distance between yourself and other people.

## Stay Home if You're Sick

Stay home if you are sick, except to get medical care.



**STAY AWAY FROM  
HANDSHAKING**

## Watch for Symptoms

The following symptoms may appear 2-14 days after exposure



**Call your doctor:** If you think you have been exposed to COVID-19 and develop a fever and symptoms, such as cough or difficulty breathing, call your healthcare provider for medical advice.