

How to Protect Yourself

Novel Coronavirus 2019 (COVID-19)

Prevention Tips



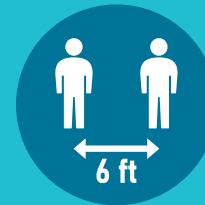
Wash your hands often with soap and water for at least 20 seconds



Avoid touching your eyes, nose and mouth



Wear a mask or face covering



Stay away from crowded places and maintain six feet of distance from others



Cover your cough and sneeze with a tissue, then dispose in the trash



Clean and disinfect frequently touched surfaces



Avoid close contact with people who are sick



Stay home when you are sick, except to get medical care

Know the Symptoms

- Cough
- Shortness of breath or difficulty breathing
- Fever
- Chills
- Muscle pain
- Sore throat
- New loss of taste or smell

For more information, visit spectrumhealth.org/covid19