COVID-19 (2019):

1. Stay home

2. Take 20 quick steps every day to keep your hands clean and your body healthy.

3. Get rest and stay hydrated.

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

5. Practice proper coughing and sneezing etiquette. Cover your mouth and nose with a cloth when you cough or sneeze, and wash your hands afterwards.

6. Use soap and water to wash your hands frequently or use hand sanitizer with at least 60% alcohol.

7. Use soap and water to wash your hands frequently or use hand sanitizer with at least 60% alcohol.

8. Clean all surfaces in your home.

9. Avoid sharing personal items.

10. Clean all surfaces in your home.

For more information:

https://www.cdc.gov/covid19-symptoms

911

www.cdc.gov/covid19-symptoms

www.cdc.gov/covid19

COVID-19 symptoms:

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2. Monitor your symptoms

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