

The CDC recommends everyday preventive actions to help prevent the spread of respiratory diseases, including COVID-19:

- Avoid close contact with people who are sick.
- Avoid touching your eyes, nose, and mouth.
- **Stay home when you are sick.**
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash.
- Clean and disinfect frequently touched objects and surfaces using a regular household cleaning spray or wipe.
- Wash your hands often with soap and water for at least 20 seconds, especially after going to the bathroom; before eating; and after blowing your nose, coughing, or sneezing.

If soap and water are not readily available, use an alcohol-based hand sanitizer with at least 60% alcohol.

