

What to Do

Preventing coronavirus here takes everyone. The basic precautions are similar to avoiding the flu or a cold.



Clean Hands

Wash well for 20 seconds or use alcohol sanitizer



Don't Touch

Eyes, nose, ears or mouth with unsanitized hands



Cover

Nose when sneezing and mouth when coughing with tissue or arm



Avoid

Close contact with those who are sick, coughing or sneezing



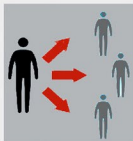
Stay

At home and away from work and events if you are sick



Masks?

CDC doesn't recommend beyond healthcare settings



Coronavirus spreads by close contact, typically within six feet, with someone who is sick. The highest risk is from those who have recently visited outbreak areas. Symptoms can appear in two days and last for two weeks.



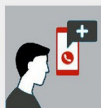
Key symptoms are fever, lung congestion and secondary cough. A runny nose alone is not a symptom of coronavirus.

Travel and Work



Do Not

Travel if you are sick and especially if you have a fever



If You ...

Fall sick while traveling, call your doctor or seek local help



Seek ...

Immediate care for a fever and lung congestion



Wash hands

Wash hands often and follow other basic steps



Keep Clean

Keep personal spaces clean and disinfected