Protect Yourself & Others from COVID-19

**Wear a Mask**
COVID-19 spreads mainly from person to person through respiratory droplets. Wearing a mask made of two or three layers over your nose and mouth reduces the spray of droplets, protecting those around you. Your mask also offers some protection to you.

**Keep Physical Distance**
Avoid large crowds and poorly ventilated spaces. Keep 6 feet of distance between yourself and people who do not live in your household.

**Get Vaccinated**
COVID-19 vaccines prepare your body to fight off the virus and can protect you from getting sick. Once fully vaccinated, you may be able to start doing some things that you had stopped doing because of the pandemic.

**Wash Your Hands**
Lather up with soap and warm, running water. Scrub for 20 seconds and then rinse. If soap and water are not available, use an alcohol-based hand sanitizer that contains at least 60% alcohol.

**Cover Your Cough or Sneeze**
Cover your nose and mouth when you cough or sneeze. If you used a tissue, throw it in the trash. Clean your hands.

**Clean and Disinfect**
Clean and disinfect frequently touched surfaces.

**Monitor Your Health**
Be alert for COVID-19 symptoms, like fever, cough, and shortness of breath. If you think you may have COVID-19, contact your health care provider, and get tested. Seek emergency care if you are seriously ill.