PROTECT YOURSELF from Coronavirus

Wash your hands often with soap and warm water for at least 20 seconds—or use hand sanitizer.

AVOID TOUCHING eyes, nose, and mouth, as it spreads the virus.

STAY HOME when you are sick.

AVOID CLOSE CONTACT with people who are sick.

Follow travel recommendations from the U.S. Centers for Disease Control and Prevention (CDC).

CDC’s recommendations for using a facemask: only for people who show symptoms and healthcare workers.

Clean and disinfect objects and surfaces using a regular household cleaning spray.

Cover your cough or sneeze with a tissue, then throw the tissue in the trash.

For updates or more information stanfordhealthcare.org/covid19