

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



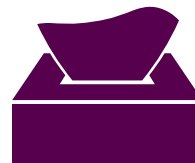
Follow travel recommendations from the
U.S. Centers for Disease Control and Prevention (CDC)



CDC's recommendations for using a facemask:
only for people who show symptoms and healthcare workers www.cdc.gov



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



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