Protect Yourself from COVID-19

How the Virus Spreads
COVID-19 is thought to spread via respiratory droplet transmission. It can transmit when an infected person coughs or sneezes.

Wash Your Hands!
Lather up with soap and warm, running water. Be sure to scrub for 20 seconds, then rinse.

Cover When You Cough or Sneeze
Cover your mouth and nose with a disposable tissue when you cough or sneeze, throw it in the trash and wash your hands.

Physical Distance
Stay away from large public gatherings. When you do need to be around others, ensure a safe distance of at least 6 feet.

Isolate
If you have recently returned from an affected area, self-isolate. Stay indoors and avoid contact with other people for at least 14 days.

Seek Medical Help
If you feel sick with fever, cough or have difficulty breathing, contact your primary care provider, who will assess your symptoms and exposure to determine if a COVID-19 test is appropriate. If you are having a medical emergency, seek emergency care.

SOURCE cdc.gov

For the latest information about COVID-19, please visit: stanfordhealthcare.org/covid19